

MEALS
OF EVERY OCCASION



JOHN E. NPTON

M E N U S

FOR EVERY OCCASION

BY
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"Table Decorations for All Occasions"



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FOREWORD

Do you hate to plan menus? Do you want inspiration for a color-scheme collation? Do you want to impress a gourmet? Must you tempt a finicky child with wholesome meals? Is "cooking for one" so humdrum that you prefer to go without food rather than give yourself the task of thinking up a repast that will nourish you? Must you sponsor feasts for charity affairs? In short, upon what kind of a menu do you want a suggestion?

This book contains over fifteen hundred solutions to the eternal problem of every housewife and hostess and it is hoped that all of them will be of value in answering the perplexing question "What shall I serve?" whether it is asked in connection with a banquet or merely an everyday meal.

Since this work gives menus only, the author suggests the following books for recipes in creating unusual dishes.

"Simple French Cooking," and "A Second Helping," by X. Boulestin; "Chinese Cook

Book," by Shiu Chan; "The New Common Sense in the Household," by Harland and Herrick; "Feed the Brute," by Swift and Herrick; "The New Hostess of To-day," by Larned; "Salads, Sandwiches and Chafing Dish Dainties," by J. M. Hill; "Catering for Two," by A. L. James; "The Butterick Cook Book," "The Boston Cooking-School Cook Book," by Fanny Farmer; "The Century Cook Book," "Good Housekeeping Cook Book," "Jack Sprat Spreads," by Edna Tipton; "How to Reduce," by A. Donnelly; "Wheatless and Meatless Days," by Partridge and Conklin; "European and American Cuisine" and "Desserts and Salads," by G. Lemcke; "Half Hours in the Kitchenette," by Scotson-Clark; "The Mother's Cook Book," by Bourjailly and Gorman.

Some of the material contained in this book has previously appeared in *Good Housekeeping*, *Pictorial Review*, *Better Homes and Gardens*, *Holland's Magazine* and *Successful Farming*. The author wishes to thank these publications for permission to reprint the data.

MENUS FOR EVERY OCCASION

EVERYDAY MEALS

Every homemaker who takes real pride in her table is confronted with the same question. "What shall I serve to-day?" has turned more hair gray than has "Where will I get the money to buy food?" That sounds like an exaggerated statement, but it is a fact that we fret more over annoying little things than we do over vital questions. When anything so important as finding the wherewithal to buy food comes into our lives, we haven't time to sit down and indulge in mental conflict with ourselves. All we can do is to hustle and then think afterwards.

Everyday meal-planning is humdrum. Getting up a repast for guests is exhilarating. But we can't relieve ourselves of the humdrum by constant entertaining; therefore the next best thing is so to plan our meals that we would wel-

2 MENUS FOR EVERY OCCASION

come a friend at our table whenever one should drop in upon us. If our pocketbooks prohibit this, we can escape the drudgery somewhat if we refer to ready-made menus, which may be taken "as is" or to be used as specimens to be picked to pieces and subtracted from and added to, to suit individual tastes and incomes.

BREAKFASTS

1

Apples
Sausage Waffles Syrup
Coffee Hot Milk
Cream

2

Grapefruit
Codfish Boiled Potatoes
Toast Marmalade
Chocolate Coffee Cream

3

Sliced Oranges
Oatmeal Hot Milk
Scrambled Eggs
Toast Jam
Coffee Cream

4

Spiced Prunes
Whole Wheat Cereal Milk
Bacon Muffins Marmalade
Coffee or Tea Cream

5

Baked Apples
Broiled Ham
Bran Muffins
Raspberry Jam
Coffee Cream

6

Orange Juice
Dry Cereal Milk
Poached Eggs on Toast
Coffee or Tea Cream

7

Steamed Figs
Broiled Fish
Corn Bread Honey
Coffee or Chocolate Cream

8

Cereal with Sliced Bananas
Toast Strawberry Jam
Soft Boiled Eggs
Coffee or Tea Cream

9

Prune Juice
Cornmeal Mush Milk
Minced Ham on Toast
Extra Toast Jelly
Coffee Cream

10

Chilled Grape Juice
Rice Griddle Cakes Honey
Coffee Cocoa Cream

4 MENUS FOR EVERY OCCASION

11

Stewed Pears
French Toast Jelly Syrup
Coffee Tea Cream

12

Apples
Dry Cereal Milk
Creamed Dried Beef
on Toast
Coffee Tea Cream

13

Sliced Oranges
Oatmeal Hot Milk
Corned Beef Hash
Toast Coffee

14

Grapefruit-and-Orange Juice
Spanish Omelet
Popovers Honey
Coffee or Chocolate Cream

15

Sliced Pineapple
Sausage
Buckwheat Cakes Syrup
Coffee Cream

16

Stewed Dried Apricots
Bran Flakes Milk
Grilled Ham and Eggs
Coffee Chocolate

17

Grapefruit
Fried Bacon Fried Apples
Bran Muffins Coffee

18

Dry Cereal and Sliced
Bananas
Codfish Balls
Griddle Cakes
Syrup Honey
Coffee Cream

19

Baked Apples and Raisins
Cream of Wheat Milk
Grilled Sardines Toast
Coffee Cream

20

Chilled Cantaloup
Bran Flakes Milk
Scrambled Eggs and Chicken
Livers
Toast Coffee Chocolate

21

Sliced Peaches
Corn Flakes Milk
Creamed Chicken on Toast
Coffee-Bread Coffee

22

Cherries
Cream of Wheat Milk
Broiled Bacon
Coffee Tea Cream
Bran Muffins

23

Unhulled Strawberries
Puffed Rice Milk
Omelet aux Fines Herbes
Corn Bread Coffee

24

Blueberries
Shredded Wheat Milk
Grilled Fish
Toast Coffee

25

Sliced Watermelon
Cream of Wheat
Broiled Ham Toast
Coffee Cream

26

Blackberries
Puffed Rice Milk
Pan-broiled Trout
Griddle Cakes
Coffee

27

Pears
Broiled Lamb Chops
Blueberry Muffins
Coffee Cream

28

Red Raspberries
Grapenuts Milk
Broiled Finnan Haddie
Coffee Cream

29

Apricots
Shredded Wheat Milk
Coddled Eggs Muffins
Coffee Cream

30

Plums
Puffed Wheat Milk
Creamed Dried Beef Toast
Coffee Cream

31

Sugared Currants
Bran and Corn Flakes
Milk
Liver and Bacon Muffins
Coffee Cream

32

Green Apple Sauce
Rolled Oats Milk
Kidney Omelet
Bran Muffins
Coffee Chocolate

33

Honeydew Melon
with Lemon
Broiled Bluefish
Popovers Coffee

6 MENUS FOR EVERY OCCASION

34

Stewed Rhubarb
Fried Perch
French Pancakes
Toast Coffee

35

Grapes
Cornmeal Mush Milk
Sausage Graham Muffins
Coffee Tea Cream

36

Casaba Melon
Oatmeal Hot Milk
Grilled Chicken Livers
on Toast
Pancakes Coffee

37

Sliced Peaches and Oranges
Cooked or Dry Cereal
Creamed Sweetbreads
on Toast
Rolls Muffins
Coffee Chocolate Cream

38

Pineapple Cubes
Meat Balls Hot Biscuit
Syrup Honey Jam
Coffee Cocoa

39

Grapes
Cracked Wheat Milk
Smoked Herring Popovers
Coffee Cream

40

Stewed Rhubarb
Cereal and Dates Milk
Pork Tenderloin
Doughnuts Coffee

41

Compote of Grapefruit
and Oranges
Roast Beef Hash on Toast
Corn Bread Coffee

ELECTRICALLY COOKED BREAKFASTS

1

Fruit
Waffles Syrup
Broiled Bacon
Doughnuts Coffee

2

Halves of Grapefruit
Sausage Toast Marmalade
Coffee Cream

3

Ice-Cold Stewed Prunes
Boiled, Poached or
Scrambled Eggs
Waffles Syrup
Coffee Cream

4

Orange Sections in
Crushed Ice
or
Chilled Orange Juice
Creamed Codfish on Toast
Extra Toast Marmalade
Coffee Cream

5

Cereal with Sliced Bananas
Broiled Ham
Waffles Syrup
Coffee Cream

6

Stewed Figs
Brown Bread Toast
Fried Mush Syrup
Coffee Cocoa

7

Cooked Cereal Raisins
Ham Omelet Rolls Jam
Coffee Chocolate

8

Cooked Cereal with Dates
Brown Sugar
Thin Toast
Coffee Cream

9

Melon
Rice Waffles
Honey or Syrup
Coffee Cream

10

Berries
Creamed Dried Beef
on Toast
Coffee Tea Cream

ECONOMY BREAKFASTS

Economy breakfasts were invented for the woman without help, who must entertain informally. They were invented, too, for that woman who must count her pennies, since much less need be served at these hospitalities than is customary at luncheons and dinners. And, be-

8 MENUS FOR EVERY OCCASION

sides, the foods presented at Economy Breakfasts need not be of an expensive type.

1

Baked Apples
Boston Baked Beans
Boston Brown Bread
Doughnuts Apple Pie
Coffee

2

Grapefruit
Bacon and Eggs
Baked Potatoes
Hot Biscuit Marmalade
Coffee Tea Cocoa Cream

3

Prepared Cereal with Berries
Cream
Mushroom Omelet
Creamed Potatoes
Toast Jam
Coffee Tea Chocolate
Cream

4

Oranges and Raisins
Sausage Waffles Syrup
French Fried Potatoes
Coffee Cocoa Cream

5

Spiced Prunes
Broiled Ham
Scrambled Eggs
Toasted Muffins
Honey Marmalade
Coffee Cocoa Cream

6

Honeydew Melon with
Lemon
Chicken Chop Suey Rice
Coffee Bread Popovers
Preserved Ginger
Pickled Melon Rind
Coffee Tea Chocolate

7

Fruit Cocktail
Oatmeal and Honey
Chicken Maryland
Baking Powder Biscuit
Corn Fritters Maple Syrup
Coffee Hot Chocolate

8

Grapefruit or Oranges
Creamed Fish and Mush-
rooms in Potato Border
Corn Bread Doughnuts
Coffee Bread
Jam Marmalade
Coffee Tea Cream

LUNCHEONS

1

Shrimp Salad
Cold Duck Cold Ham
Potato Chips
Carrots in Butter
Buckwheat Cakes
Syrup Honey Coffee

2

Meat Balls Rice
Peas
Baked Apples
Coffee

3

Pork Chops
Apple Sauce String Beans
Doughnuts
Tea

4

Bacon and Eggs
Creamed Salsify
Griddle Cakes
Honey Syrup
Coffee

5

Lamb Chops
Cottage Cheese
Peas Sweet Potatoes
Chilled Prunes Cakes
Coffee

6

Veal Chops
Stewed Tomatoes Spaghetti
Fruit Salad
Tea

7

Creamed Salmon
Boiled Potatoes
Cabbage-and-Pimento Salad
Rolls Tea with Lemon
Orange Custard

8

Lamb Chops
Celery Mashed Turnips
Potato Chips
Romaine Salad with Hard-boiled Egg
French Dressing Coffee

10 MENUS FOR EVERY OCCASION

9

Fillet of Sole
 Creamed Potatoes
 Chestnuts and Brussels
 Sprouts in Butter
 Lima Beans
 Corn Bread
 Stewed Pears Cookies
 Coffee

10

Spanish Rice
 Head Lettuce Salad
 Canned Peaches
 Toast Tea

11

Warmed-over Roast Beef
 Pepper Jelly Boiled Cabbage
 Canned Cherries
 Gingerbread Tea

12

Baked Spinach
 Hard-boiled Egg Salad
 Cheese Dressing
 Baked Bananas
 Popovers Tea

13

Spaghetti with Tomato-and-
 Onion Sauce
 Bacon Romaine Salad
 Fruit Compote Tea

14

Cold Duck
 Creamed Potatoes
 String Beans Muffins
 Baked Apples Spice Cake
 Tea

15

Turkey Soufflé
 Carrots Toast
 Buckwheat Cakes Honey
 Coffee

16

Fillet of Sole
 Asparagus Salad
 Noodles and Croutons in
 Butter
 Fruit Tea Wafers

17

Cold Meats Carrots
 Scalloped Potatoes
 Canned Figs Gingerbread
 Tea Milk

18

Hash
 Apple Sauce Creamed Peas
 Fried Mush Syrup
 Hot Chocolate

EVERYDAY MEALS

11

19

Asparagus Tips with White
Sauce and Poached Eggs
English Toasted Muffins
Tea

20

Squash on Toast
Drawn Butter
Steamed Brown Bread Tea
Stuffed Prune Salad
Sponge Cake

21

Welsh Rarebit
Toasted Crackers
Apple and Watercress Salad
Banana Cake Coffee

22

Clam Chowder
Toast Sticks
Caramel Custard
Tea

23

Club Sandwiches
Ginger Ale Olives
Fruit Salad
Tea

24

Apples and Sausages Baked
Together
Bran Muffins Tea
Fruit Gelatin

25

Fish Pie Celery
Cabbage-and-Nut Salad
Jelly Roll
Tea

26

Chicken Soup with Rice
Saltines Graham Bread
Orange-Grapefruit-Lettuce
Salad
Tea

27

Corn Chowder
Oyster Crackers
Combination Fresh Vegetable
Salad
Sponge Cake with Chocolate
Sauce
Tea or Milk

28

Creamed Sweetbreads on
Toast
Pineapple-Marshmallow-Nut
Salad
Coffee Cream

29

Italian Spaghetti
Romaine Salad Bread Sticks
Prune Whip Coffee

12 MENUS FOR EVERY OCCASION

30

Eggs in Baked Potatoes
Muffins Tea
Soft Orange Custard

31

Mushroom Soufflé
Creamed Spinach Hot Rolls
Peach Layer Cake Tea

32

Cream of Spinach Soup
Stuffed Pear and Stuffed
Prune Salad
Cheese Sticks Tea

33

Cottage Cheese and Olive
Salad
Pecan Muffins Coffee

34

Baked Stuffed Green Peppers
Apple-Nut-Celery Salad
Tea or Chocolate

35

Oyster Stew Crackers
Cabbage Salad
Tea or Coffee

36

Broiled Fish
Sliced Tomatoes
Baked Pears Tea

37

Tomato Omelet
Endive Salad Corn Bread
Pumpkin Pie Coffee

38

Scalloped Tomatoes
Cream Cheese and Sardine
Salad
Spoon Bread Tea
Ginger Cookies

39

Cream of Pea Soup
Baked Stuffed Tomatoes
Bacon
Jam Tarts Tea

40

Fried Scallops
Cucumber Salad
Blanc-mange with Fruit
Syrup
Chocolate or Tea

41

Boiled Chicken in Tomato
and Okra Sauce
Apple Sauce Cake Coffee

42

Minced Ham and Hard-
boiled Egg on Toast
Creamed Spinach
Muffins Jelly
Tea or Fruit-ade

43

Pineapple-and-Celery
Salad
Cold Finnan Haddie
Blueberry Muffins Tea

44

Jellied Veal
Combination Vegetable Salad
Canned Figs and Whipped
Cream
Chocolate or Tea

45

Clear Bouillon Toast
Baked Fish Loaf
Tomato Sauce
Corn Cakes Honey Syrup
Tea

46

Creamed Fish
Potato Cakes
Fruit Pie Tea or Milk

47

Vegetable Stew
Grilled Bacon
Cheese and Lettuce Salad
Baked Bananas
Lemon Sauce
Tea

48

Barley Soup Croutons
Fish-and-Potato Balls
Pineapple Pie
Tea

49

Vegetable Timbale
Romaine-and-Egg Salad
Berry Shortcake
Tea

50

Creamed Sweetbreads and
Eggs on Toast
Head Lettuce Salad
Tomato Sandwiches
Orange Tapioca Tea

51

Jellied Vegetable Salad
Cottage Cheese
Split, Toasted Rolls
Baked Custard Coffee

52

Baked Peppers Stuffed with
Macaroni
Fruit Salad
Grilled Marshmallows on
Saltines
Coffee

14 MENUS FOR EVERY OCCASION

53

Grilled Bacon on Toast
Hot Cheese Sauce
Hearts of Lettuce Salad
French Dressing
Fruit Custard Coffee

54

Creamed Rice and
Mushrooms Endive Salad
Fruit Pie
Tea

55

Sausage
Waffles Syrup or Honey
Strawberries Cream
Coffee

56

Jellied Bouillon Crackers
Stuffed Tomato Salad
Chocolate Blanc-mange
Iced Tea

57

Cream-of-Rice Omelet
Grilled Tomatoes
Jam Tart
Iced Coffee

58

Deviled Eggs Tomato Jelly
Gingerbread
Hot Chocolate Sauce and
Whipped Cream
Iced Tea

59

Fruit Salad
Mayonnaise Dressing
Hot Buttered Salad Rolls
Charlotte Russe Coffee

60

Asparagus Omelet
Sardine Sandwiches
Orange Shortcake
Tea

61

Steamed Brown Bread
Baked Beans
Tomato Salad
Baked Apples Tea

62

Baked Tomatoes Stuffed
with Spaghetti
Peach Pie
Iced Chocolate

63

Creamed Dried Beef
Boiled Potatoes
Fruit Salad Coffee

64

Meat Croquettes
Spanish Rice Border
Lettuce Salad
Blueberry Muffins
Coffee

65

Poached Eggs
Grilled Tomatoes
Cinnamon Buns
Chocolate

66

Deviled Egg and Pickled
Beet Salad
Cheese-and-Olive Sandwiches
Gooseberry Pie Coffee

67

Split Pea Soup
Fish Salad

Cucumber Fingers
Cherry Pie Coffee

68

Romaine-and-Cheese Salad
Berries Nut Cake
Iced Coffee

69

Celery Olives Nuts
Melon Ball Cocktails
Ox-tail Soup
Toasted Boston Crackers
Noodle Soufflé Ring with
Creamed Chicken
Sweetbreads and Mushrooms
New Peas

Jelly Baking Powder
Biscuits
Candied Sweet Potatoes
Pineapple Sherbet
Almond Roll Cakes Coffee

70

Canadian Hash
Sauerkraut Corn on Cob
Waldorf Salad
Coffee

71

Brown Rice with Creamed
Veal
Hearts of Lettuce Salad
Steamed Fruit Pudding
Foamy Sauce Tea

72

Cheese Soufflé
Romaine Salad
Pineapple and Marsh-
mallows Whipped Cream
Cookies Hot Chocolate

73

Creamed Shrimps
Hard-boiled Eggs
Apple-Celery-Nut-Cabbage
Salad
Cookies Coffee

74

Scalloped Mushrooms and
Chicken
Fruit Salad
Caramel Eclair Coffee

16 MENUS FOR EVERY OCCASION

75

Cheese Toast
Tomato Salad
Prune Pie
Coffee

76

Cream of Potato Soup
Chocolate Layer Cake
Canned Pears
Tea

77

Cream of Mushroom Soup
Celery-Pineapple-Marsh-
mallow Salad
Walnut Muffins
Coffee

78

Ham and Mushrooms
on Toast
Fruit Salad Hot Chocolate
Nuts and Candies

79

Banana-and-Nut Salad
Baking Powder Biscuits
Cherry Gelatin
Whipped Cream
Tea

80

Vegetable Soup
Egg-and-Celery Salad
Berry Pie Coffee

81

Fried Chicken
Mashed Potatoes
Waffles Syrup
Grapefruit Coffee

82

Creamed Shrimps
Endive Salad
French Pastry Coffee

83

Tuna Fish
Cucumber Salad
Lettuce Sandwiches
Berry Parfait Cocoa

84

Creamed Codfish
Boiled Potatoes
Asparagus Salad
Fruit Gelatin Coffee

85

Curried Eggs Rice Border
Pineapple-and-Celery Salad
Cookies Iced Tea

86

Macaroni Rarebit
Tomato-and-Lettuce Salad
Jello Cake Coffee

87

Celery Olives Salted Nuts
Artichoke Cocktails
Bread Sticks
Ox-Tail Soup
Toasted Crackers
Spinach Ring Filled with
Sweetbreads and Chicken

à la King

Candied Sweet Potatoes
Baking Powder Biscuits
Crabapple Jelly
Red Raspberry Sherbet
Nut Cakes Candies

Coffee

88

Cream of Asparagus Soup
Chocolate Marshmallow
Cake
Coffee Nuts

89

Creamed Oysters on Toast
Cucumber-and-Tomato
Jelly Salad
Jam Tarts Coffee

90

Frankfurters
Cabbage Salad
Fruit
Coffee

91

Fruit Cocktail
Broiled Shad Roe
Cress Salad
Creamed Potatoes
Corn Bread Coffee

92

Strained Vegetable Soup
Codfish Balls and Poached
Eggs
Baking Powder Biscuits
Honey Tea or Cocoa

93

Cream of Tomato Soup
Popcorn Croutons
Fish Salad Toasted Muffins
Canned Figs Cake Tea

94

Creamed Tuna Fish
Baked Potatoes Pickle
Cucumber-and-Onion Salad
Fruit Cake Tea

95

Corn Chowder
Scrambled Eggs and
Bacon
Lettuce-and-Fruit Salad
Tea

18 MENUS FOR EVERY OCCASION

96

Consommé
Creamed Dried Beef
Baked Stuffed Potatoes
Pineapple-and-Nut Salad
Cocoa

97

Salmon Croquettes Peas
Cucumber Salad
Cheese Crackers
Coffee

98

Beef Stew Dumplings
Grapefruit Salad
Cheese Sticks
Tea

99

Bean Soup Crackers
Vegetable Omelet
Jam Tarts
Coffee

100

Creamed Turkey Rice
Romaine Salad
Cheese Dressing
Apple Pie Coffee

101

Cold Sliced Tongue
Head Lettuce, Thousand
Island Dressing
Cottage Cheese
Peach Pie
Coffee

DINNERS

1

Beef Broth with Barley
Fricassée of Chicken Mashed Potatoes
Hubbard Squash Hot Biscuit
Plum Pudding Hard Sauce Coffee

2

Crown of Veal Chops
Baked Stuffed Potatoes
Baked Green Peppers Stuffed with Corn
Blueberry Pie Coffee

3

Cream of Tomato Soup
Baked Fish Creamed Potatoes
String Beans Cucumbers
Apple Pie Coffee

4

Stuffed Lobster
Potato Chips Celery
Hearts of Romaine Topped with Grapefruit
Toasted Crackers Camembert Cheese
Coffee

20 MENUS FOR EVERY OCCASION

5

Strained Vegetable Soup
Pork Tenderloins Grilled Sweet Potatoes
Beets Apple Sauce
Pineapple and Marshmallow Pudding
Toasted Crackers Coffee

6

Sardine Canapés
Baked Duck Stuffed Celery
Spanish Rice Orange Salad
Brown Betty Coffee

7

Oysters on Half-shell Celery
Mock Turtle Soup Crackers
Steak Mashed Potatoes
Spinach Garnished with Hard-boiled Eggs
Caramel Ice-cream Coffee

8

Baked Spare Ribs Sauerkraut Apple Sauce
Boiled Turnips Baked Potatoes Corn Bread
Cherry Pie Coffee

9

Cream of Spinach Soup Crackers
Roast Leg of Lamb Mint Jelly
Creamed Peas Roast Potatoes
Apple Dumplings Hard Sauce Cheese Coffee

10

Fruit Cocktail
Rolled, Stuffed Steak Scalloped Potatoes Hot Biscuit
Brussels Sprouts Tomato Salad
Pumpkin Pie Coffee

11

Cream of Tomato Soup
 Boiled Fillet of Sole Shrimp Sauce Mashed Potatoes
 Buttered Beets Cucumber Fingers
 Canned Cherries Nut Cake Coffee

12

Stuffed Breast of Veal Potatoes in Cream
 Boiled Onions String Beans
 Hearts of Romaine
 Chocolate Ice-cream Coffee

13

Fried Chicken Gravy Corn Fritters Mashed Potatoes
 Endive Salad with Cheese Dressing
 Chilled Pineapple Custard Coffee

14

Beef Tenderloin Fried Cucumbers Fried Tomatoes
 Mashed Jerusalem Artichokes
 Steamed Suet Pudding Coffee

15

Ox-tail Soup
 Roast Beef Gravy
 Yorkshire Pudding Spinach and Eggs
 Spaghetti in Tomato and Onion Sauce
 Pineapple Sherbet Fruit Cake
 Coffee

16

Boiled Squash on Toast Drawn Butter
 Lamb Chops Peas Potatoes Hashed in Cream
 Apple and Celery Salad
 Peach Melba Coffee

22 MENUS FOR EVERY OCCASION

17

Roast Spare Ribs
Apple Sauce Roast Potatoes Boiled Cabbage
Onion, Bean, Celery, Tomato and Egg Salad
Cheese Crackers Coffee

18

English Mutton Chops
Spinach Baked Potatoes Wax Beans
Apple Tapioca Pudding Coffee

19

Slice of Ham
Baked in Milk and Brown Sugar
Spiced Peaches Broiled Eggplant
Boiled Cabbage Potatoes
Gelatin Pudding Custard Sauce Coffee

20

Broiled Lobster Drawn Butter Celery
Bean, Beet, Onion, Hard-boiled Egg and Romaine Salad
Boiled Dressing
Lemon Pie Coffee

21

Consommé
Lamb Stew with Peas and Potatoes Beet Pickle
Pear Short Cake Whipped Cream Coffee

22

Veal Cutlets
Creamed Potatoes String Beans
Endive and Orange Salad
Apple Pie Coffee

23

Broiled Pork Chops
Candied Sweet Potatoes Apple Sauce
Waldorf Salad Cheese Sticks
Raisin Pie Coffee

24

Roast Ribs of Beef Gravy Roast Potatoes Pickle
Stewed Tomatoes, Eggplant and Okra
Canned-Blueberry Pie
Cheese Coffee

25

Celery Clam Broth Sweet Pickle
Baked Stuffed Fish Egg Sauce Mashed Potatoes
Cole-slaw Squash Corn Bread
Date Pudding Whipped Cream Coffee

26

Tomato and Cheese Canapé Olives Celery
Consommé
Roast Goose Gravy Apple Sauce
Peas Riced Potatoes
Chocolate Ice-cream Angel Cake Coffee

27

Stuffed Shoulder of Veal Green Tomato Pickle
Boiled Cauliflower and Green Peppers
Butter Sauce
Orange Ice-cream Angel Cake Coffee Mints

24 MENUS FOR EVERY OCCASION

28

Anchovy Canapé Beverages
Chicken Broth with Rice
Cheese Soufflé Rolls
Chicken, Olive, Cucumber, Celery and Green Pepper Salad
Religieuse Cake Coffee

29

Lamb Broth with Lemon Slices Celery
Mixed Grill (Mushrooms, Kidneys, Ham)
Orange Garnish
Scalloped Potatoes Buttered Beets
Fruit Compote Gingerbread Coffee

30

Fish Pie Green Peppers Stuffed with Rice and Cheese
Grilled Tomatoes Pickled Onions
Steamed Blackberry Pudding Hard Sauce
Coffee

31

Oysters on Half-shell Celery
Roast Chicken and Ham Mashed Potatoes
Creamed String Beans
Pickled Beets Hot Biscuit
Mince Pie Cheese Coffee

32

Ox-tail Soup Bread Sticks Radishes
Broiled Steak Potatoes and Green Peppers in Cream
Carrots and Peas in Butter Sauce Spiced Peaches
Pineapple Ice Nut Cake Coffee

33

Vegetable Soup Toasted Crackers
Baked Fish Loaf Tomato Sauce Stewed Celery in Butter
Potatoes Baked and Stuffed with Potato, Cheese and Nuts
Chocolate Blanc-mange Coffee

34

Beef and Veal Loaf Mushrooms in Gravy
Grilled Tomatoes Mashed Potatoes
Vegetable Salad Rolls
Sponge Cake with Fudge Sauce and Whipped Cream
Coffee

35

Cream of Onion Soup Saltines
Baked Fish Riced Potatoes
Scalloped Tomatoes and Onions
Brussels Sprouts Corn Bread
Cottage Pudding Lemon Sauce Coffee

36

Celery Fruit Cocktail Radishes
Roast Loin of Lamb with Garlic-clove Gravy
Mint Jelly Roast Potatoes Carrots and Peas
Mince Pie Cheese Coffee

37

Consommé Bread Sticks
Roast Duck Apple Sauce String Beans Spoon Bread
Baked Sweet Potatoes and Marshmallows
Ice-cream with Fudge Sauce Coffee

26 MENUS FOR EVERY OCCASION

38

Sardine, Olive and Cheese Canapés
Roast Beef Yorkshire Pudding Stewed Tomatoes
Artichoke and Celery Salad Crackers
Pineapple Ice Small Cakes Coffee

39

Beef Hash Tomato Sauce
Spaghetti au Gratin Boiled Onions
Fresh Vegetable Salad
Apple Tarts Coffee

40

Mushroom Pâtés Sherry Sauce
Turkey Stuffed with Chestnuts Creamed Cauliflower
Mashed Potatoes Spiced Cranberries Buttered Rolls
Endive Salad Camembert Cheese Crackers
Strawberry Tarts Coffee Bonbons

41

Beefsteak Smothered in Onions
Hashed Brown Potatoes
Asparagus-tip Salad Vinaigrette Dressing
Pineapple Custard Coffee

42

Mushrooms on Toast
Roast Chicken Giblet Gravy
Celery Mashed Potatoes
Brussels Sprouts with Chestnuts
Alligator Pear and Grapefruit Salad
Maple Mousse Coffee

43

Star Soup Crackers
 Veal in Gravy Rice and Mushrooms in Butter
 Lettuce Salad
 Baked Apples Spice Cookies Coffee

44

Cream of Mushroom Soup
 Baked Fish Cream Gravy
 Green Pepper and Cheese Salad
 Apple Snow Sponge Cake Coffee

45

Strained Vegetable Soup
 Cauliflower in Cream Corn Bread
 Camembert Cheese Crackers
 Fresh Fruit Coffee

46

Celery Consommé Olives
 Roast Duck Apple Sauce Candied Sweet Potatoes
 Jerusalem Artichokes Hollandaise Sauce
 Vanilla Ice-cream Maple Walnut Sauce Chocolate Cake
 Coffee

47

Cream of Onion Soup
 Asparagus-tip Omelet
 Roast Fillet of Pork Roast Potatoes Pickled Beets
 Berry Pie Coffee

48

Tomato and Anchovy Canapé
 Roast Beef Gravy Yorkshire Pudding
 Roast Potatoes Parsnips
 Pineapple Pie Cheese Coffee

28 MENUS FOR EVERY OCCASION

49

Consommé with Noodles
Fried Fish Tartar Sauce
Roast Beef in Casserole Riced Potatoes Boiled Cabbage
Strawberries in Meringue Shells Coffee

50

Stuffed Beef Heart Mushrooms in Gravy Spaghetti
Grilled Tomatoes
Cucumber and Onion Salad
Berry Pie Coffee

51

Fruit Cocktail
Ramekins of Sweetbreads à la King
Roast Beef Candied Sweet Potatoes
Spoon Bread Beans
Gelatin with Custard Sauce Coffee

52

Beef Stew with Dumplings Broiled Eggplant
Cottage Cheese and Cress Salad
Cocoanut Pudding Cream Coffee

53

Tapioca Soup Bread Sticks
Broiled Ham Stewed Celery in Cream
Baked Stuffed Potatoes
French Pancakes Coffee

54

Celery Clam Broth Sweet Pickles
Baked Stuffed Fish Mashed Potatoes
Cole-slaw Squash
Tapioca Custard Cream Coffee

55

Vermicelli Soup

Braised Beef Carrots Peas Horseradish

Riced Potatoes

Rhubarb Tarts Coffee

56

Pot Roast Brown Gravy Creamed Cauliflower

Spaghetti in Butter Celery Pickled Beets

Berry Pie Coffee

57

Clear Soup

Shirred Eggs with Chopped Ham

Stewed Veal Creamed Spinach Steamed Bread

Blanc-mange with Plum Syrup

Coffee

58

Cucumber and Tomato "Sandwich"

Pork Chops with Gravy Baked Potatoes Celery

Red and White Cabbage Salad

Prune Tart Coffee

59

Vegetable Soup

Stuffed Beef Heart Gravy Mashed Potatoes

Pepper Jelly Brussels Sprouts

Asparagus Hollandaise Sauce

Strawberries and Cream Coffee

30 MENUS FOR EVERY OCCASION

60

Cream of Tomato Soup Saltines
Salmon Loaf Egg Sauce Mashed Potatoes
Celery in Butter
Watercress Salad French Dressing
Peach Shortcake Whipped Cream Coffee

61

Cream of Asparagus Soup
Roast Mutton Mixed Pickles Lima Beans in Butter
Stewed Rhubarb Cookies Coffee

62

Boiled Beef with Tomato and Olive Sauce Spinach
Mashed Potatoes
Combination Vegetable Salad
Fruit Gelatin Coffee

63

Tongue en Casserole Riced Potatoes Boiled Cabbage
Cress and Cucumber Salad French Dressing
Banana Pie Whipped Cream Coffee

64

Consommé Olives Celery
French Artichokes Hollandaise Sauce
Roast Duck Baked Apples in Cranberry Jelly
Mashed Sweet Potatoes Wax Beans Rolls
Vanilla Ice-cream Orange Cake
Coffee

65

Tomato Canapés
Baked Veal Cutlets Curried Rice Scalloped Cabbage
Carrots in Butter Corn Bread
Frozen Fruit Salad Cheese Coffee

EVERYDAY MEALS

31

66

Dill Pickle and Cabbage "Sandwich"
Roast Chicken Giblet Gravy Cabbage au Gratin
Riced Potatoes
Macaroon Custard Whipped Cream Coffee

67

Vegetable Soup
Chicken en Casserole String Beans Fruit Salad
Butterscotch Pie Coffee

68

Chicken Pie Creamed Salsify Spinach
Vegetable Salad
Frozen Pears Cheese Crackers
Coffee

69

Cream of Spinach Soup
Squash on Toast Drawn Butter
Ducks Apple Sauce Roast Potatoes
Orange and Cress Salad
Mint Ice-cream Coffee

70

Broiled Lamb Chops Stuffed Baked Potatoes
Creamed Corn Peas Celery
Watercress and Grapefruit Salad
Caramel Custard Coffee

32 MENUS FOR EVERY OCCASION

71

Cream of Tomato Soup
Fish Sauté
Roast Lamb Currant Jelly with Mint Leaves
 and Orange Peel
 Potatoes Beans
Chilled Stewed Cherries Cakes
Coffee

72

Consommé
Broiled Squabs Currant Jelly Wild Rice
 Peas and Mushrooms
 Watercress and Orange Salad
Chocolate Blanc-mange Coffee

73

Corn Chowder
Mushroom Pâtés Stewed Endive Asparagus Salad
 Cake Hot Chocolate

74

Baked Stuffed Flank of Beef Grilled Tomatoes Spaghetti
 Mushroom, Apple and Celery Salad
Frozen Apricots Cream and Marshmallow Sauce
 Coffee

75

Mushroom Soup Celery
 Cheese Soufflé
Corned Beef Boiled Cabbage Boiled Potatoes
 Fresh Vegetable Salad
 Fruit Gelatin

76

Veal Birds Brown Gravy Potato Soufflé
 Creamed Celery
 Egg and Onion Salad on Hearts of Romaine
 Lemon Pie Coffee

77

 Cream of Lettuce Soup
 Minute Steak French Fried Potatoes Celery Root
 Asparagus and Green Pepper Salad
 Cheese Chilled Pineapple Coffee

78

 Tomato and Caviar Appetizer
 Crown Roast of Lamb Filled with Peas and Carrots
 Browned Potatoes
 Apples Stuffed with Mint Jelly Rolls Celery Olives
 Artichoke Salad Buttered Mathzos
 Frozen Cream Cheese with Preserved Figs Coffee

79

 Melon
 Fillet of Beef Carrots and Peas Romaine Salad
 Chocolate Pudding

80

 Sardines
 Eggs Poached with Asparagus Tips
 Veal Chops Creamed Potatoes
 Cabbage and Celery Salad
 Stewed Prunes Coffee

34 MENUS FOR EVERY OCCASION

81

Broiled Salmon with Horseradish Sauce
Baked Potatoes Peas
Tomato and Cucumber Salad
Chocolate Soufflé

82

Oysters
Spanish Rice
Sausage and Apples Baked Together Grapefruit Salad
Coffee Cheese

83

Meat Loaf Mushroom Sauce Brussels Sprouts
Riced Potatoes
Fresh Vegetable Salad
Cherry Pie Coffee

84

Stuffed Shoulder of Lamb Creamed Cabbage
Roast Potatoes
Celery and Pineapple Salad
Cranberry Pie Coffee

85

Crab Meat and Mushrooms au Gratin Mashed Potatoes
Pickled Beets
Fruit Coffee

86

Beefsteak Pie Celery Lima Beans in Butter
Stuffed Tomato Salad
Apple Sponge Coffee

87

Veal Pot Roast with Bermuda Potatoes in Parsley Butter
 Creamed Carrots Celery
 Farina Pudding with Strawberry Sauce
 Coffee Nuts

88

Broiled Mutton Chops Potatoes Hashed in Cream
 Corn on Cob
 Tomato and Cucumber Salad
 Chocolate Pie Coffee

89

Pigeons en Casserole Riced Potatoes
 Broiled Green Tomatoes
 Endive Salad
 Chocolate Roll Coffee

90

Fillet of Flounder au Gratin Stuffed Baked Potatoes
 Creamed Spinach Cucumber Fingers Tomato Salad
 Cream Pie Coffee

91

Halves Alligator Pear Sauce Piquante
 Squabs on Toast Peas Mashed Potatoes
 Pineapple Salad
 Strawberry Mousse Coffee

92

Veal Fricassée Brown Gravy Mashed Potatoes
 String Beans
 Watercress Salad
 Cherry Pie

36 MENUS FOR EVERY OCCASION

93

Unhulled Strawberries
Roast Lamb Mint Sauce
Mushrooms and Peas Creamed
Roast Potatoes Celery Artichoke Salad
Pistachio Ice-cream Coffee

94

Lamb and Vegetable Stew Dumplings Corn Bread
Orange and Grapefruit Salad
Rhubarb Shortcake Coffee

95

Shrimps and Scallops à la King Rice
Romaine Salad
Strawberry Shortcake Coffee

96

Veal and Ham Pie Spinach
Olive and Cheese Salad
Creamed Rice and Maple Sugar Pudding
Coffee

97

Clear Soup
Fried Fish
Fillet of Beef Creamed Potatoes Vegetable Salad
Strawberry Tarts Coffee

98

Beef Squares and Mushrooms in Brown Gravy
Spanish Rice
Tomato, Cucumber and Onion Salad
Rhubarb Shortcake Nuts Coffee

99

Baked Halibut Egg Sauce
Cabbage au Gratin Baked Potatoes
Artichoke and Celery Salad
Macaroon Ice-cream Coffee

100

Planked White Fish with Potato Border
Creamed Onions
Tomato Salad Stuffed with Cheese Crackers
Orange Tapioca Coffee

101

Watermelon and Strawberry Cocktail
Broiled Squab on Toast Potatoes au Gratin
Spinach Creamed Salsify
Grapefruit and Celery Salad
Caramel Ice-cream Coffee

102

Boiled Fish with White Sauce Potatoes
Roast Veal Peas in Butter String Beans
Cake with Whipped Cream or Gelatin Pudding
Welsh Rarebit
Coffee

103

Old-Fashioned Vegetable Soup
Sliced Roast Beef in Brown Gravy
Mashed Potatoes
Mashed Boiled Squash and Onions Cress Salad
Steamed Fig Pudding Coffee

38 MENUS FOR EVERY OCCASION

104

Chicken and Onion Stew

Celery Rice Peas

Berry Pie Coffee

105

Honeydew Melon Slices of Lemon

Baked Fresh Ham Scalloped Apples Spanish Rice

Stewed Okra, Onion and Eggplant

Asparagus Salad

Washington Cream Pie

Coffee

106

Cucumber, Anchovy and Olive Canapés

Baked Stuffed Onions

Soft-Shelled Crabs Potato Chips Cabbage Salad

Strawberry Shortcake Coffee

107

Fricassée of Chicken Baking Powder Biscuit Rice

Brussels Sprouts and Chestnuts

Pear and Endive Salad Cream Cheese

Toasted Crackers

Coffee

108

Celery Oyster Cocktail Radishes

Braised Guinea Hen Candied Sweet Potatoes

String Beans

Orange and Alligator Pear Salad

Strawberry Parfait Coffee

PLATE-MEALS FOR HOME-MENUS

Plate-meals were invented, no doubt, for the woman who doesn't like to wash dishes. And that includes almost every woman in the world, of course.

In making up plate-menus it is wise not to combine hot and cold foods in the same service.

The plates for hot plate-meals should be warm and those for cold plate-meals should be well chilled.

Attractive garnishings added to the viands lend much to the ensemble. And a plate with a colorful combination of foods intrigues the eye as well as the palate.

Of course, plate-meals are served only at informal affairs or in the family circle.

HOT PLATE-LUNCHEONS OR PLATE-DINNERS

1. Roast Beef, Green Peas, Baked Potatoes
2. Breaded Veal Cutlet, Tomato Sauce, Spinach, Mashed Potatoes
3. Roast Spring Lamb, String Beans, French Fried Potatoes, Mint Jelly
4. Pork Sausage, Grilled Mixed Vegetables, Apple Sauce, Fried Potatoes
5. Broiled Boston Scrod, Cole-slaw, Creamed Potatoes
6. Smoked Beef Tongue, Creamed Spinach, Boiled Potatoes
7. Chopped Tenderloin Steak, Buttered Beets, Grilled Onions, Fried Potatoes
8. Chicken à la King, Green Peas, Potato Chips, Pickle
9. Pot Roast, Assorted Vegetables, Jelly, Pickle
10. Broiled Smelts, Grilled Tomatoes, Spinach, Creamed Potatoes
11. Roast Pork Tenderloin, Apple Sauce, Baked Potatoes, Stewed Celery
12. Veal Cutlet, Fried Apples, Lima Beans, Scalloped Potatoes
13. Poached Egg on English Toasted Muffin, Hollandaise Sauce, Broiled Ham, Green Peas, Apple Fritters, Boiled Potatoes

14. Roast Turkey, Cranberry Sauce, String Beans, Canned Sweet Potatoes
15. Roast Beef Hash, Grilled Eggplant and Onions, Stuffed Tomatoes
16. Fresh Ham, Cider Sauce, Spinach Fritter, Mashed Potatoes, Jelly
17. Chicken Hash, Mushrooms in Cream, Corn Fritters
18. Corned Beef, Cabbage, Boiled Potatoes
19. Lamb Hash, Stewed Tomatoes-Okra-Eggplant-and-Onions, Baked Potatoes
20. Chicken Croquettes, Peas, Carrots, Creamed Potatoes
21. Smoked Sausage, Sauerkraut, Mashed Potatoes, Spinach
22. Chicken and Vegetable Pot-pie
23. Duckling Liver Sauté, Spaghetti au Gratin, Asparagus
24. Irish Stew, Vegetables, Dumplings
25. Mixed Vegetable Grill in Mashed Baked Potato Border
26. Curried Chicken with Rice, Chutney, Sliced Pineapple
27. Grilled Veal Kidney, Eggplant Sauté, Stewed Celery, Potatoes in Butter
28. Mixed Vegetables au Gratin
29. Boiled Fresh Beef, Horseradish Sauce, New Cabbage, Beets
30. Chicken (or Turkey) Wings Fricassée, with Rice, Boiled Onions
31. Roast Virginia Ham, Spinach, Apple Fritters, Creamed Potatoes
32. Hamburger Steak, Horseradish, Baked Bananas, Scaloped Potatoes
33. Fried Oysters, Sausages, Scaloped Cabbage, Spaghetti au Gratin
34. Pork Chops, Fried Eggs, Fried Mush, Syrup or Honey

42 MENUS FOR EVERY OCCASION

35. Creamed Spinach, Poached Eggs, Baked Potatoes
36. Fried Apples and Bacon, Mushrooms on Toast
37. Boiled Capon, Creamed Asparagus, Jelly, Boiled Potatoes
38. Crab Flakes and Mushrooms in Cream, Potato Chips, Asparagus Tips
39. Chicken Livers Sauté, Fried Onions, Mashed Potatoes
40. Broiled Guinea Hen, Jelly, Grilled Mushrooms, Creamed Potatoes, Peas
41. Lamb Chops, Hashed-browned Potatoes, Buttered Beets
42. Calf's Liver and Bacon, Boiled Young Onions, Creamed Potatoes
43. Breast of Chicken, Glacé Sweet Potatoes, Spinach, Carrots
44. Chicken Fricassée, Baking Powder Biscuit, Cauliflower
45. Hot Turkey Sandwich on Toast, Mashed Potatoes, Grilled Eggplant
46. Sweetbreads on Toast, Drawn Butter, Peas
47. Fried Chicken, Bacon, Waffles, Syrup
48. Creamed Eggs and Green Peppers au Gratin, Grilled Ham, Corn Fritters
49. Chicken Patty, Peas, Mashed Potatoes, Jelly
50. Corned Beef Hash, Poached Eggs, Creamed Potatoes, Cabbage in Butter
51. Shirred Eggs with Chicken Livers, Peas, Baked Potatoes
52. Minute Steak, Smothered Onions, Potatoes au Gratin, Grilled Tomatoes
53. Roast Beef, French Fried Potatoes, Brussels Sprouts
54. Mixed Grill—Bacon, Sausage, Mushrooms, Potatoes, Peas, Cress

Vegetable Plate

55. French Artichoke, Hollandaise Sauce in Lettuce Leaf, Mashed Potatoes, Buttered Beets, Mashed Turnips
56. Diced Carrots, Beets in Butter, Mashed Potatoes, Asparagus, Spinach
57. Baked Green Pepper Stuffed with Spanish Rice, Beets, Stewed Celery, String Beans
58. Boiled Young Onions, Spinach, Grilled Tomatoes, Riced Potatoes
59. Boiled Summer Squash on Toast, Butter Sauce, Spaghetti in Tomato Sauce, Peas, Carrots
60. Corn on the Cob, Stewed Cucumbers, Grilled Tomatoes, Stewed Eggplant-and-Okra
61. Salsify in Butter, Spanish Rice, Tomato-and-Cheese Grill, Peas
62. Fresh Broiled Mushrooms on Toast, Brussels Sprouts, Creamed Potatoes, Grilled Tomatoes
63. Cauliflower, Hollandaise Sauce, String Beans, Baked Potatoes, Beets

COLD PLATE-LUNCHEONS OR PLATE-DINNERS

1. Corned Brisket, Salame, Tongue, Pickle, Potato Salad
2. Chopped Chicken Liver and Egg on Lettuce, Potato Chips, Sliced Tomatoes
3. Corned Beef, Potato Salad, Pineapple and Cheese
4. Liverwurst, Potato Salad, Bermuda Onions
5. Cold Boiled Salmon, Mayonnaise, Combination Vegetable Salad
6. Cold Sliced Turkey, Cranberry Jelly, Potato Salad
7. Vegetable Plate—Potato Chips, Tomato Jelly Salad, Asparagus Tips, Mayonnaise, Onion Rings
8. Sliced Chicken and Ham, Asparagus Tips, Mayonnaise
9. Cold Turkey and Tongue, Celery-and-Egg Salad, Pickles
10. Roast Duckling, Apple Sauce, Combination Vegetable Salad
11. Shrimps, Celery, Cucumbers, Mayonnaise in Lettuce Leaf, Potato Chips, Radishes, Olives
12. Jellied Bouillon in Cups, Salmon and Mayonnaise, String Bean and Onion Salad
13. Anchovy Canapé, Radishes, Olives, Sliced Ham and Chicken, Jellied Fruit Salad, Mayonnaise
14. Caviar Canapé, Deviled Eggs, Sardines, Cottage Cheese and Olive Salad, Asparagus, Hollandaise
15. Lobster Mayonnaise, Potato Chips, Celery, Olives, Squeezed Cucumbers

16. Crab Flakes, Ravigote, Tomato and Cream Cheese Salad, Celery
17. Oyster Cocktail, Celery, Olives, Jellyed Bouillon in Cup, Crackers, Sardines and Deviled Eggs, Asparagus Tips
18. Cold Boiled Crabs, Cabbage Salad, Potato Chips, Cottage Cheese, Cucumbers
19. Alligator Pear and Caviar Cocktail, Cucumber Boats Stuffed with Salmon, Potato Chips, Iced Coffee
20. Artichoke, Celery-and-Egg Cocktail, Spinach-and-Egg Salad, Pickled Beets, Crackers, Cold Tongue, Iced Chocolate
21. Gelatin and Fish Salad, Cucumber Fingers, Potato Salad, Coffee Parfait
22. Slices of Chipped Beef, Pickled Onions, American and Swiss Cheese, Alligator Pear Salad, Iced Tea
23. Jellyed Tomato Bouillon, Crackers, Cold Beef and Cold Ham, Mustard and Horseradish, Crisp Latticed Potatoes, Combination Salad
24. Cold Poached Eggs on Slices of Cucumbers, Cottage Cheese, Sardines, Potato Chips, Cole-slaw
25. Large Slices of Swiss Cheese, Sardines (or Salmon), Stuffed Tomatoes, Strawberry Jam, Rolls
26. Jellyed Consommé, Crackers, Chicken, Potato Chips, Asparagus Tips, Deviled Eggs
27. Cantaloup, Jellyed Consommé, Crackers, Cold Tongue, Combination Salad
28. Unhulled Strawberries, Fresh Shrimps and Lemon Quarters, Potato Salad, Asparagus Tips

ONE-PIECE MEALS

The well-dressed woman of to-day feels that her wardrobe is incomplete unless it contains one-piece dresses, and the busy housewife feels that her menu-file is lacking in something quite essential in meal-planning if a list of one-piece meals be not included therein.

The most popular one-piece meals consist of a sandwich, a salad, an entrée or a dessert—plus, of course, a beverage.

SANDWICH-MEALS

The sandwich that is a meal in itself is the symbol of "jazz" in cooking. And it has become quite as important in culinary circles as has the vanity-compact in the social world or the two-in-one pieces of furniture among apartment dwellers. In fact, our hurried existence, which is in part to blame for "vanities," apartment-life, and "excitement-eating" has brought

the substantial sandwich very much into vogue.

When time is at a premium, business women and men will treat themselves to a sandwich-meal though they would not await the service of the individual foods contained in the sandwich.

The housekeeper who wishes to save time in washing dishes, does so when she serves a complete meal in sandwich-form on one plate; she saves service, because but one trip to and from the kitchen is required to handle the repast.

Restaurant-keepers, realizing the increasing importance of the time-saving sandwich, no longer content themselves with merely selling those that command a meager ten or fifteen cents, but now feature also concoctions that bring as high as a dollar-fifty each. And they are well rewarded for their trouble in creating and serving these meals in compact form.

Of course, a beverage is sure to be called for to round out the meal, and it may be either hot or cold, according to taste.

It really isn't much of a trick to make sandwiches, and she who follows the given rules and serves either the accompanying concoctions or others that will suggest themselves to her mind, will bless the day that Substantial Sandwiches made their bow to the world at large.

48 MENUS FOR EVERY OCCASION

In making sandwiches there are important things that should be borne in mind:

- '(1) Use fresh bread.
- '(2) Use a sharp knife for cutting the bread.
- '(3) Cream the butter before spreading it on the bread.
- (4) Spread the bread before slicing it.
- (5) Don't cut thick slices.
- '(6) If toast be used, it must be crisp.
- (7) Don't put sandwiches together too far in advance.
- (8) In making layer-sandwiches, have extremely thin slices of buttered bread top each separate filling.

SANDWICH-MEALS

1. Hot Rarebit on Toast
2. Cream Cheese and Chopped Olives, on White Bread
3. Cucumber, Hard-boiled Egg, Mayonnaise
4. Cress, Shrimp, Mayonnaise
5. Chicken Salad Sandwich
6. Lobster Salad Sandwich
7. Cream Cheese, Chopped Dates, Bran Bread
8. Sirloin Steak and Sliced Onion, on White Bread, with
Gravy
9. Hot Turkey and Gravy on Toast
10. Fresh Shrimp Creole, on Toast
11. Swiss Cheese, Thousand Island Dressing, on Rye
Bread
12. Lettuce, Tomato and Bacon, on White Bread
13. Tuna Fish, Lettuce, Mayonnaise, on Graham Bread
14. Fried Ham and Egg, on White Bread
15. Egg, Lettuce, Celery, Mayonnaise, on Gluten Bread
16. Hamburger Steak and Onion, on White Bread, with
Gravy
17. Roast Pork in Gravy, on Corn Bread
18. Turkey à la King, on Toast
19. Chicken GIBLETS and Chopped Bacon, on Rye Bread,
Toast
20. Chopped Chicken and Vegetable Salad, on Graham
Bread
21. Creamed Egg and Codfish, on Toast

50 MENUS FOR EVERY OCCASION

22. Cold Ham, Mustard, Tomato, Mayonnaise, Lettuce,
on Baking-Powder Biscuit
23. Salmon and Peas, on White Bread

Layer Sandwiches

1. Chicken, Ham, Swiss Cheese, Mustard, Lettuce, Mayonnaise, on Graham Bread
2. Turkey, Tongue, Swiss Cheese, Tomato, Mayonnaise, on Rye Bread
3. Chicken, Tongue, Sliced Apple, Pimentos, Lettuce, Mayonnaise, on White Bread
4. Fillet of Anchovies, Tomato, Lettuce, Dill Pickle, Mayonnaise, on Toast
5. Tongue, Relish, Sliced Tomato, Russian Dressing, Hard-boiled Egg, on Toast
6. Hamburger Steak, Mushrooms, Onions, Pimentos, on White Bread
7. Beefsteak Sandwich with Mushroom Sauce
8. Liver, Bacon, Onion, Drawn Butter

SALAD-MEALS

There are two kinds of substantial salads. One seems to wear everyday clothes, so to speak, and the other is always ready to go to a party. Each type is proper as the main dish of the repast it is to grace, and each type has its own sort of accessory.

The substantial salad for everyday consumption should be accompanied by crackers, good old plain bread and butter, toast, or the equivalent. The party salad may keep company with everything from thinly sliced, small, buttered sandwiches to cake and cookies. Yet another companion is needed for these two. It is a beverage. Coffee, tea, chocolate (iced or hot); fruit-ades—all types are seen served with salad refreshments, but the first three, either hot or cold, are the favorites.

In winter, parties are about the only occasions when salad-meals are served; but when summer comes, they tempt every one, both those with hearty appetites and those with jaded appetites.

EVERYDAY SALADS

1. Cooked Macaroni, Green Pepper, Pimento, Cheese, Pickle, French Dressing
2. Cooked Macaroni, Celery, Peas, Carrots, Egg, Tomato, Cheese, Boiled Dressing
3. Carrots, Peas, Meat, Onion, Lettuce, Mayonnaise
4. Potato, Egg, Pimento, Boiled Dressing
5. Potato, Egg, Celery, Cucumber, Mayonnaise
6. Baked Beans, Tomato, French Dressing
7. Sardine, Egg, Cheese, Lettuce, Mayonnaise
8. Cabbage, Chestnuts, Egg, Boiled Dressing
9. Jellied Ham, Hard-boiled Egg, Pickle, Boiled Dressing
10. Lima-beans, Egg, Cucumber, Lettuce, Boiled Dressing
11. Bacon and Potato Salad, French Dressing
12. Ham, Lamb, Anchovy, Chives, French Dressing
13. Salmon, Cucumber, Egg, Mayonnaise
14. Ham, Chicken, Mushrooms, Lettuce, Mayonnaise
15. Shad Roe, Salmon, Cress, Cucumber, Mayonnaise

PARTY SALADS

1. Cottage Cheese, Olives, Pecans, on Lettuce, French Dressing
2. Banana, Pineapple, Grapes, Marshmallow, Boiled Dressing
3. Tomato Jelly with Sweetbreads and Celery, Lettuce, Mayonnaise
4. Chicken Salad with Asparagus Tips and Mushrooms, Mayonnaise
5. Tomato Stuffed with Cheese, Olives, Pimentos, Mayonnaise

6. Banana, Walnuts, Strawberries, Romaine, Boiled Dressing
7. Sardines and Cream Cheese in Tomato Shells, Mayonnaise
8. Sweetbreads, Grapes, Celery, Mushrooms, Mayonnaise, Endive
9. Alligator Pear Slices Covered with Caviar and Mayonnaise, Lettuce
10. Anchovy, Potato, Celery, Beets, Egg, Cucumber, Lettuce, Boiled Dressing
11. Canned Pear Filled with Cream Cheese and Topped with Preserved Ginger, Boiled Dressing
12. Lobster or Crab Flake Salad, Mayonnaise
13. Pineapple, Walnuts, Tomato, Cheese, Lettuce, Boiled Dressing
14. Jellied Chicken and Vegetables, Mayonnaise
15. Peach, Pistachio, Cherry, Marshmallow, Endive, Boiled Dressing
16. Fruits in Mayonnaise or Boiled Dressing, Frozen and Served with Cheese

ENTREE-MEALS

Entrées that make a meal must be very substantial, of course. They may take the form of a stew, a pot roast, a casserole dish or a meat pie.

Of all these the entrée en casserole is the most practical if the hour of serving is uncertain. And it often is, especially on *matinée* days, during golf season, when friends from a distance are expected, and on innumerable other occasions.

The entrée that makes a meal lends itself to combination with a dessert and a beverage, but it also is complete with the addition of bread and butter and a beverage, minus the dessert. Or, if one prefer, fruit, cheese or nuts, and coffee, tea, chocolate, malted milk or fruit-ade may be added to this very satisfying one-piece meal.

1. Cabbage Stuffed with Vegetables and Potatoes
2. Spaghetti with Sweetbreads and Mushrooms
3. Lamb Stew with Peas, Carrots and Potatoes
4. Rabbit and Rice en Casserole

5. Cod Fish, Rice, and Hard-boiled Eggs in Cream
6. Chicken, Mushrooms and Rice, en Casserole
7. Veal Stew with Carrots, Onions, Turnips, Celery
8. Bananas, Sausage and Rice, en Casserole
9. Hungarian Goulash
10. Sausages Baked in Popover Batter
11. Boiled Kidney Beans with Crisp Bacon, Sliced Onions
and Pickles
12. Beef Stew with Onions and Carrots, en Casserole
13. Chicken and Vegetable Pot-pie
14. Eggs, Mushrooms, Green Peppers, en Casserole
15. Bacon, Eggs, Breadcrumbs, Pimentos, au Gratin en
Casserole
16. Scalloped Salmon and Peas, en Casserole
17. Creamed Chicken, Topped with Creamed Spinach, au
Gratin en Casserole
18. Fish Pudding Topped with Poached Eggs
19. Corned Beef Hash, Poached Eggs
20. Lamb Stew with Curried Rice
21. Chestnuts and Brussels Sprouts in Chicken Broth
22. Scalloped Corn and Green Peppers with Poached Eggs
23. Eggplant Stuffed with Meat and Breadcrumbs and
Baked

DESSERT-MEALS

It is said that men are merely overgrown boys. Any one who has ever catered to their appetites through boyhood and on through manhood will feel qualified to vouch for the truth of this statement. However, the men have the best of the boys, for they can make entire meals of dessert if they so desire, and the boy never lived who could boldly demand such a meal and get it, if a grown-up of authority was within view or within hearing-distance.

These "boys" of all ages are usually partial to substantial desserts, too. None of your whipped cream confections satisfy them. They cry for pie, pastry, ice-cream, bread and butter puddings, rice puddings, raisin puddings, custard puddings, and similar concoctions that fill the inner man.

But no matter how satisfying the dessert-meal, there must be a beverage accompanying it. Whether this shall be malted milk, ice-cream soda, coffee, or other thirst-quencher, will depend upon the taste and age of the individual partaker.

The following desserts are sweet enough and substantial enough to make a satisfying meal if a beverage be added. And since all men are partial to sweetmeats, the perfect home-maker—and the efficient inn-keeper—would be much handicapped without a list of desserts that make a meal.

1. Apple, Mince, Raisin, Prune, Cranberry, Berry, Cherry or Rhubarb Pie
2. Custard, Lemon, Cream, Cocoanut, Banana, Chocolate Meringue or Pumpkin Pie
3. Any Kind of Ice-cream
4. Any Kind of French Pastry
5. Plum Pudding, Suet or Date Pudding, Fig Pudding, or Any Steamed Pudding with Hard Sauce
6. Custard, Bread Pudding, Fruit Tapioca, Plain Tapioca, with Cream
7. Blanc-mange, with either Fruit Syrup or Plain Cream
8. Berry Tart with Cheese
9. Fruit Shortcake, with Plenty of Crushed Fruit and Cream
10. Waffles with Syrup, or Fritters with Syrup
11. French Pancakes
12. Rice Pudding, Plain or with Raisins or Dates Added, and with Maple Sugar
13. Ice-cream Sandwiches with Fudge or Caramel Sauce and Nuts
14. Layer Cake with Cream Filling or with Rich Frosting
15. Devil's Food or Sponge Cake Cottage Pudding
16. Apple Pie à la Mode, Apple Dumplings with Hard Sauce, or Brown Betty

MEALS FOR ONE

Of all the uninteresting things in housekeeping, cooking for oneself heads the list. And the average person goes without appetizing viands rather than bother with the preparation of a meal to be enjoyed in solitude.

There are several things to remember in purchasing food and in planning meals for a solitary consumer.

(1) Foods that require little preparation stand a better show of actually getting to the table.

(2) A well-balanced meal from the can is better for one than a badly-balanced meal from whatever is handy without the necessity of preparation.

(3) It is better to serve a delicatessen meal of fresh foods, than to abstain from eating merely to save work.

(4) Platter-meals, casserole-meals, sandwich-meals, salad-meals, save dishwashing.

(5) In purchasing supplies, buy only small cans of fruits, fish, meats and vegetables, so that

left-overs will not necessitate several meals of the same menu.

(6) Buy small loaves of bread, rolls or muffins, so that they may not mold before consumed.

(7) Buy only meats that can be purchased in small quantities, or that will be as tasty cold as hot.

(8) Buy so-called instantaneous foods when possible. They save time and dishwashing. Such foods as instantaneous coffee, instantaneous coffee substitutes, teas, prepared malted milks, instantaneous chocolates, instantaneous cereals, dry cereals, gelatins, etc., come under this heading.

The following menus take little time for preparation, but they are tasty enough to tempt any one. And, what is more, they may be prepared in small quantities.

I

Broiled Lamb Chop	Baked Potato
Canned Peas	Lettuce-and-Tomato Salad
Gelatin Cream	Instantaneous Coffee

2

Canned Fish	Celery
Cucumber Salad	Olives
Toasted Split Rolls	
Chocolate Eclair	Iced Tea

60 MENUS FOR EVERY OCCASION

3

Creamed Chipped Beef on Toast
Rice String Beans Radishes
Apple Sauce Cake or Cookies
Instantaneous Chocolate

4

Hamburger Steak and Onion Sandwich
(Hot and with Gravy)
Boiled Sliced Squash with Butter
Fruit Salad Cake Coffee

5

Broiled Slices of Baked Ham
Hominy (from Can) Pickled Beets
Boiled Cabbage Onion Salad
Gelatin and Cake
Instantaneous Coffee

6

Celery Instantaneous Soup Crackers
Pork Chop Macaroni in Tomato Sauce
Vegetable Salad (Left-over Vegetables)
Baked Apple Cake
Coffee Substitute

7

Baked Beans
Grilled Bacon
Orange, Grapefruit, Pimento and Romaine Salad
French Pastry Coffee or Tea

8

Irish Stew (Lamb, Peas, Carrots, Onions, Potatoes)
Hearts of Lettuce
French Dressing
Fresh Fruit Nuts Tea

9

Sausage and Apples Baked Together
Pimento Rice
Half Grapefruit Tea

10

Frankfurters Cole-slaw
Cream Cheese with Bar-le-Duc Crackers
Coffee

11

Tomato, Hard-boiled Egg and Fish Salad
Mayonnaise
Toast or Rolls Pickles Olives
Stale Cake with Fudge Sauce (from Can)
Instantaneous Coffee

12

Scrambled Eggs with Canned Mushrooms
Spaghetti au Gratin
Tomato-Onion-Cucumber Salad
Berries Cream Cake
Instantaneous Coffee

FEEDING LITTLE FOLKS WITHOUT FORCE

When you were a little girl were you told that if you refused certain prescribed foods you would be deprived of food-treats that you craved? And, if so, what did you do? Did you strugglingly swallow the almost-nauseating concoction, or did you forego the reward for martyrdom? And now that you have young lives entrusted to your care, do you use the methods once employed with you, or, remembering your own unhappy experiences, do you simply let your children eat what they please regardless of the effect upon their health?

Mothers whose consciences will not let them willingly or unwillingly encourage finicky appetites in their offspring take well-repaid pains in food preparation and service; they continue their pleasing and effective efforts till foods that build health are partaken of willingly, if not always with relish, by their kiddies.

Every one knows how much more appetizing foods appear if charming garnishes be added;

if unique shapes be concocted; if new dishes be presented. But have you ever thought about the game of "Let's pretend" when feeding little folks? Children who would never touch creamy cereals such as hominy, mush, etc., will eat them when they pretend (with mother's help) that they are consuming "hot ice-cream"; they will eat up a huge mound of dry cereal if it be called a pretend-haystack—perhaps the very one by which Little Boy Blue was found fast asleep! (A miniature toy pitchfork upon the plate under the cereal-bowl will help make the game seem more realistic.) Crushed or small dry cereals presented as "seeds to make healthy bodies grow" will at least make the dish seem less distasteful.

Soup, hated by most children, becomes an entirely new dish if it be called a pretend-sea upon which cracker-boats, asparagus-"logs," etc., float. An egg that is now a not-too-well frozen-over pond, and again a setting sun, tastes twice as good as does a thing called merely a poached egg!

And so it goes! If the mother connects up her pretend-game with legends, facts and fancies the child may enjoy hearing about, the food will vanish as by magic.

The following menus have proved successful for mothers who have tried them out, and a delightful and health-giving game to the child who was fortunate enough to have an imaginative mother. Can you doubt it, when you read about "Hungry Pussy-Cat Soup," "Little Miss Muffet Porridge," and "Little Nancy Etticote Salad" which just had to grow smaller in order to make the old rhyme come true?

I

Breakfast

Orange Juice Creamy Cereal ("Hot ice-cream") Milk
Raisin Muffins *Weak* Hot Chocolate

Luncheon

Broth with Alphabet Noodles Potato "Ships"
Carrot "Cargo" A Spinach "Sea" A Poached Egg "Sun"
Custard "Well" Filled with Syrup Cookies

Supper

"Green" Soup (Cream of pea or cream of spinach)
Cracker "Canoes" or "Rafts" Cookie "Blocks"
Surprise Apples (Baked apples in gelatin)

2

Breakfast

Oatmeal "Castle"
(Mound of oatmeal with "towers" of dates)
Toast "Tubs" Filled with Scrambled Eggs
"Soda-Fountain" Milk (Milk served with straws)

Luncheon

Tomato Soup with Hominy "Hail-stones"

Toast Sticks (Fence style)

Butter "Paint" or "Rain" Asparagus "Trees"

"Frozen Snow" (Vanilla ice-cream)

Supper

Potato "Huts"

(Baked potatoes in skins—windows and doors cut out)

Spinach "Grass" "Hunter" Sandwiches (Bread cut
in shape of man or animal)

Funny-Face Pudding (Halves of canned peaches turned
with concave side to dish, convex side marked with
date and cherry features)

"Picnic" Milk (Milk served in small bottle with straw
or in paper cup)

3

Breakfast

Orange and Raisin "Black-eyed Susan"

Haystack Cereal (Dry prepared cereals in mound effect,
pitchfork accessory)

Pretend-Coffee

(Milk flavored with coffee substitute and served
in coffee-cup)

Luncheon

Potato "Snowballs" (Mashed potatoes) Egg "Ponds"
"Bucket of Red Paint" (Stewed tomatoes)

Rice "Treasure-balls" (Boiled rice in ball shape having
raisins or dates within them)

Yellow "Paint" (Custard sauce) Oatmeal Cookies

66 MENUS FOR EVERY OCCASION

Supper

"Thirsty Pussy Soup" (Cream soup in large shallow bowl)
Animal Crackers or Animal Sandwiches Animal Cookies
Pussy-cat Pears (Silhouette of cat's back made by joining
fruit-balls together with toothpicks and adding
raisin tail, raisin ears and shredded
wheat whiskers)

4

Breakfast

Prune "Pigs" (Made with toothpicks)
"Garden-seed" Cereal (Crushed or puffed prepared small
cereals, in envelopes, to be "sown" in cereal dish
and "watered" with milk)
Bacon "Twists" Cocoa

Luncheon

Hamburger and New Pea "Marbles" or "Balls"
Potato Balls in Cream Asparagus "Bats"
Pearl Ball Pudding (Tapioca) Fruit-ade

Supper

Rainbow Soup (Chopped vegetables of various colors)
Rainbow Sandwiches (Sandwiches filled with various colors,
as jams, jellies, peanut-butter, etc.)
"Patchwork" Pudding (Slices of orange, banana, prunes,
dates, marshmallows in gelatin)

5

Breakfast

"Market-basket" Fruit (Orange or grapefruit-shell filled
with raisins, prunes and grapes)
"Miss Muffet Porridge" (Creamy cereal, with a raisin
or date "spider" on its surface)
"Little House without a Door" (Boiled egg)

Luncheon

Creamed Fish in Seashells

Graham Sandwiches Cut in Shape of Oyster-shells

Egg "Butterflies" on Spinach "Grass"

Gelatin Eggs in Whipped Cream "Nests"

Popcorn "Pebbles"

Supper

River Soup with Asparagus "Logs"

(Cream of asparagus soup)

"Nancy Etticote" Salad (Banana candle in pineapple slice)

Whipped Cream

"Nancy Etticote" Cookies (Cut in shape of little girl)

6

Breakfast

Banana "Canoe"

"Clock-face" Cereal (Round of mush, with toothpick hands
and date numerals)

"Sun in Clouds" (Beaten egg-white with yolk dropped
in center and baked)

Speckled or Polka-dot Toast (Raisin bread toasted)

Luncheon

"Dyke" Rice (Wall of boiled rice)

"Fish in Sea" (Creamed fish)

"Windmill Salad" (Silhouette of windmill made with
banana "tower" and orange-section windmill;
this should lie flat on the plate)

Milk in Toy Pail Water-ice in Miniature Pail

68 MENUS FOR EVERY OCCASION

Supper

"Splash Soup" (Soup into which child lets crackers, small cereals such as puffed rice, splash)

"Log-cabin Treasure Bread, with a Prize within its Walls"
"Funny-face" Baked Apple within Cabin

7

Breakfast

"April Fool" Banana
(Banana-shell filled with orange and raisins)
Sausage "Pigs" (Sausages on toothpick legs)
Toast "Pens" Cereal-coffee

Luncheon

"Volcano" Potatoes (Mashed potatoes with pea and carrot
"lava" seen by looking into the hollow at the top
of the potato mound)
"Finger Feasts" (Lamb chops)
Meringue-shells Filled with Berries and Cream

Supper

"Melted Snow" Soup (Cream soup)
"Sun-flower Sandwiches" (Triangles of buttered bread arranged around a center of dates)
Maple Surprise (Rice cooked in milk, chilled and topped with maple sugar)

COLD MEALS FOR HOT DAYS

When hot days come the imagination of the cook must be intriguingly stimulated and the eye of the consumer must be hypnotized if even appetizing foods are to be produced or relished.

Unusual and novel ways in food-preparation, dainty garnishings, "different"-looking viands, and cooling concoctions stand a much better chance of engaging the cook's artistry and appealing to the catered-to than do the foods that have graced the table during the long months of the chilly winter.

More attention must be paid to the choice of table coverings, to service dishes, to table decoration, if jaded summer appetites are to be coaxed. Cobwebby lace doilies, either beneath a glass top to a table or upon its polished surface; linen doilies in sheer white material with embroidery in gay colors; linen runners in such colors as apple-green, lavender, blue or yellow; dishes of glass or crystal or of egg-shell china, decorated in gay flowers; center decorations of ice and ferns, ice and flowers, or of dainty flowers loosely arranged; all these help to produce the

70 MENUS FOR EVERY OCCASION

cooling effect to the ensemble that will assure the cook that her food will be devoured and appreciated.

The table must not seem overcrowded with food or dishes if a cool-appearing atmosphere be desired. Thus meals that are served either in courses, or that are well combined and artistically arranged upon a few dishes, are a boon to the summer meal. And if she who plans the hot-day menu will keep in mind how disagreeable it is to be compelled to stand over hot, sudsy dishwater when nothing remains of food-masterpieces but the unattractive scraps, she will strive to collect and combine foods that may be served as "plate-meals," or, failing that, those which make the cleaning-up task as easy as possible.

The following menus are selected with the above points in mind.

I

Crab-flake Cocktail

Cold Duck

Apple Sauce Asparagus Vinaigrette Potato Salad

Raspberry Gelatin in Orange Shells Filled with
Cream Cheese

Celery Cucumbers Radishes

Watermelon Basket Filled with Melon Balls

Iced Chocolate

COLD MEALS FOR HOT DAYS 71

2

Chicken and Tomato Sandwiches Mustard Pickles
Egg-Caviar-and-Onion Canapé Hearts of Celery
Chilled Watermelon Cubes and Strawberries in Sugar
Iced Coffee

3

Alligator Pear Ring Filled with Caviar and Celery
Mayonnaise
Lobster Salad Potato Chips Asparagus Rolls
Lemon Water-ice Cake Iced Coffee

4

Tomato Canapé
Jellied Veal Loaf Cucumber and Onion Salad
Bread and Butter Sandwiches
Chilled Fruit Compote Cakes Iced Coffee

5

Cucumber Baskets Filled with Fish
Cold Meats Potato Salad
Asparagus Tips French Dressing
Cream Cheese and Bar le Duc on Pineapple Rings
Iced Chocolate

6

Cantaloup Cocktail
Cold Boiled Fish Hollandaise Sauce
Vegetable Combination Salad
Potato Chips Egg and Celery Sandwiches
Frozen Fruit Salad Cheese Crackers Iced Tea

72 MENUS FOR EVERY OCCASION

7

Jellied Consommé with Pimento Garnishings Crackers
Asparagus Hollandaise Assorted Cold Meats
Cottage Cheese Mustard Pickles
Cabbage Salad in Green Pepper Shells
Fruit Shortcake Iced Coffee

8

Celery and Artichoke Cocktail
Cold Chicken and Tongue
Cabbage Basket Filled with Vegetable Salad
Cheese Sticks
Ice-cream in Cantaloup Shells Iced Chocolate

9

Crab-flake or Chicken Salad Crackers
Celery Squeezed Cucumbers Artichoke Chips
Lemon Pie Iced Coffee

10

Pickled Beets Stuffed Celery Mustard Pickles
Deviled Eggs Sardines Dry Chipped Beef
Cold Meats Potato Salad Sliced Tomatoes
Chilled Cup Custard with Berries Iced Coffee

TRAY-MEALS

Tray-menus in the home may consist of anything from the appetizers of a sumptuous repast to the foods of a cafeteria meal served at informal gatherings. Tray-meals are in greatest demand, however, by those persons who, for some reason or other, partake of their viands in bed.

The main essential of a tray-meal is daintiness and tastiness. The tray must not be overcrowded either with dishes and silver or with food.

She who rises late in the morning and she who freshens up with a siesta just before tea-time could hardly exist without her little tray-meal.

Only such tray-meals as could be used for those who can have food brought to the bedside when they wish to enjoy the luxury of extra hours in bed, and tray-meals for social affairs, are given below, as no one except a doctor and a dietician can prescribe and plan tray-menus

74 MENUS FOR EVERY OCCASION

for those who are confined to their beds because of illness.

In preparing tray-feasts, it is always well to feature foods that require no cutting and as little silver as possible for their service.

TRAY-BREAKFASTS

1. Dry Cereal with Sliced Bananas or Berries, Creamed Fish on Small Toast Squares, Rolls, Coffee, Cream
2. Sugared Berries in Cocktail Glass, Broiled Ham Strips, Bran Muffins, Coffee or Tea
3. Chilled Grapefruit Juice or Orange Juice, Toasted Roll Bacon Sandwiches, Coffee, Cream
4. Pared, Quartered Apples, Sausage, Toast Fingers, Marmalade, Coffee, Cream
5. Stewed or Baked Fruit, Soft-boiled Eggs, Split, Toasted and Buttered Rolls or Muffins, Coffee or Chocolate

TRAY-TEAS

1. Tea, Lemon Drops for Tea-sweetening, Cinnamon Toast
2. Jasmine Tea with Jasmine Flowers Floating in Cup, Honey, Hot Buttered Scones or Toasted English Muffins
3. Tea with Rose Geranium Leaf in Cup, Hot Buttered Mathzos, Salted Nuts, Mints
4. Tea, Candied Rose Petals or Candied Violets, Lemon or Cream, Date and Cheese Sandwiches on Nut Bread
5. Tea or Coffee, Candied Grapefruit or Orange Peel, Small Cakes

TRAY-APPETIZERS

1. Potato Chips, Olives, Grape Juice Cocktail, Radishes
2. Buttered Pop-corn, Cucumber Rounds, Sardine Fingers, Grapefruit Cocktail
3. Cheese Canapés, Hearts of Celery, Salted Nuts, Limeade
4. Tomato and Caviar Rounds, Salted Peanuts, Clam Juice Cocktail
5. Spice-butter Canapés, Pimento Olives, Ripe Olives, Ginger Ale, Lemon and Mint Punch

CAFETERIA TRAY-MEALS

1. Baked Beans, Brown Bread, Tomato Salad, Celery, Pickles, Radishes, Baked Apples, Pie, Cheese, Coffee, Tea
2. Tomato Jelly Ring Filled with Vegetable Salad, Celery, Olives, Gelatin Ring Filled with Fish Salad, Cheese Ring Filled with Fruit Salad, Cold Meats, Blanc-mange, Fruit Shortcake, Iced Tea, Chocolate or Coffee
3. Clear Soup, Scalloped Fish, Scalloped Potatoes, Spinach and Eggs, Cucumber Fingers, Stewed Tomatoes, Apple Pie, Coffee
4. Meat Pie with Vegetables, Pimento Rice, Hot Rolls, Radishes, Grapefruit Salad, Pie, Fruit Tapioca

SOFT FOODS FOR SORE GUMS—OR SORE THROATS

Being told we must take nourishment when sore gums or a sore throat make chewing or swallowing a torture, appeals to the reason of the average adult about as much as the reason of a child accepts the information that a whipping hurts the parent more than it does the victim.

But since even the thought of eating when it is either difficult to chew or swallow is most vexatious to the sufferers thus afflicted, it is necessary to plan appealing meals for their consumption. And to accomplish this we should be prepared with an emergency list of nourishing foods that will require little or no chewing or will cause the least discomfort in swallowing.

Such foods are soups of all kinds; very finely minced meats; meat gravies; cream gravies; creamed or boiled fish; Welsh rarebit (or other cheese dishes of like consistency); macaroni or spaghetti; vegetable purées or mashed vegetables; some stewed or scalloped vegetables;

80 MENUS FOR EVERY OCCASION

water-ices; ice-creams; soft breads and cakes; gelatin desserts; custard desserts; tapioca desserts; fruit whips or fruit sauces; whipped cream desserts; blanc-manges; fruit juices, etc.

Along with the suggestive list of soft foods, the always-ready-for-any-emergency housewife will find a prepared list of easy-to-chew-or-swallow foods in menu combination a real godsend when either she or some of her household has need of them.

The following list is taken from those actually selected by people who, though finding eating repugnant, were compelled by hunger, or the doctor, to take nourishment.

BREAKFASTS

1

Grapefruit Juice

Soft-boiled Eggs Buttered Bread Beverage

2

Chilled Purée of Stewed Fruit

Mush, Oatmeal or Other Creamy Cooked Cereal

Buttered Bread Beverage

3

Orange Juice

Creamed Fish Boiled Potatoes

Bread and Butter Beverage

4

Baked Apple

Well-soaked Dry Prepared Cereal Soft Scrambled Eggs

Graham Muffins Beverage

5

Chilled Crushed Banana in Cocktail Glass

Poached Egg Griddle Cakes Honey Beverage

6

Plums

Creamed Sweetbreads in Muffin Shells Beverage

7

Grapes or Chilled Grape Juice

Calves' Brains in Cream Corn Muffins Beverage

LUNCHEONS

1

Milk Toast
Baked Apple Coffee

2

Potato Soup
Creamed Spinach
Fruit Tapioca Tea

3

Clam Broth
Scrambled Eggs
Moka-Chocolate

4

Minced Veal in Cream Gravy
Scalloped Tomatoes
Bread Tea

5

Chicken Broth Minced Beef
Baked Banana Coffee

6

Codfish Cakes Topped with Poached Eggs and
Covered with Tomato Sauce
Muffins Tea

7

Welsh Rarebit	Near-beer
Apple Pie	Coffee

8

Minced Lamb	
Chilled, Shredded, Canned Pineapple	
Buttered Bread	Tea

9

Cheese Soufflé	Stewed Tomatoes
Apple Sauce	Raisin Pie Milk

DINNERS

1

Cream of Mushroom Soup
Creamed Spinach Topped with Poached Eggs
Macaroni au Gratin
Water-ice Cakes Beverage

2

Split Pea Soup
Purée of Sweet Potatoes Topped with Marshmallows and
 Browned in Oven
Scalloped Tomatoes Asparagus Hollandaise Bread
 Ice-cream Cake Coffee

3

Chicken Broth
Creamed Fish in Ramekins Cauliflower in Butter
 Mashed Potatoes Tomato Jelly Salad
 Fruit Whip with Cream Beverage

4

Bread Rounds Topped with Sardine Paste and Pimentos
 Welsh Rarebit on Bread Asparagus-tip Salad
Soft Gelatin Pudding Custard Sauce Beverage

5

Baked Beans Brown Bread Scalloped Tomatoes
 Purée of Squash and Onion
 Lemon Pie Coffee

6

Minced Beef Hash in Cream with Eggs
 Purée of Chestnuts
 Scalloped Cabbage Mashed Potatoes
 Artichoke Salad
 Frozen Pears Cream Cheese Coffee

7

Eggs Stuffed with Sardines and Pimento
 Chicken Broth
 Macaroni with Tomato Sauce au Gratin
 Apple Sauce Cakes Tea

8

Tomato Soup
 Boiled Fish Egg Sauce
 Mashed Potatoes Asparagus Tips
 Ice-cream and Cake Sandwich Coffee

DIETING TO REDUCE

The following menus were given to the author by women who have tried them and who have proved that, faithfully followed, they actually will reduce. But, say these would-be-thins, one should adhere to one particular diet only, for three or four weeks without changing it. A few days of one diet, a few days of another, and a few days of still another, will result only in hollow eyes, peaked faces, depression and discouragement, and a firm conviction that "dieting makes one look old, anyway!"

I

This is to be followed according to instructions. During the fourth week one should return to ordinary food, and begin the diet again on the fifth week, following it for three more weeks. The star of a successful Broadway play asserts that she and her sister each lost many pounds by this diet.

First Week: Cup of bouillon, raw tomato, soft-boiled egg. To be taken three times a day for six days. Anything desired on the seventh day.

Second Week: Exactly the same as during the first week, even to the "feast" on the seventh day.

Third Week: This varies only as to dinner, and is to be followed for six days only, ordinary "feast" being resumed on the seventh day.

Breakfast: Bouillon, raw tomato, soft-boiled egg

Luncheon: Bouillon, raw tomato, soft-boiled egg

Dinner: Bouillon, raw tomato, soft-boiled egg, one slice lean meat (broiled or boiled), one green vegetable (without butter or oil)

2

This came from a business woman who lost twelve pounds in a month.

Breakfast: Coffee, dry toast

Luncheon: Salad

Dinner: Anything desired *except* dessert

3

A professional woman lost half a pound a day on this diet.

Breakfast: Half of a grapefruit, one piece of dry toast, one egg, clear coffee

Luncheon: Lettuce-and-tomato salad without oil or mayonnaise, one slice of cold lean meat, one helping of watery vegetable, one piece of dry toast, fruit

Dinner: Clear soup, lean meat or fish, watery vegetable, fruit

4

It seems that every one has, at some time or another, lost on this simple diet.

Breakfast: Lamb chop, slice of pineapple

Luncheon: Lamb chop, slice of pineapple

Dinner: Lamb chop, slice of pineapple

88 MENUS FOR EVERY OCCASION

5

This is the favorite reducing diet of a professional singer.

Breakfast: A lump of ice slowly sucked

Luncheon at two o'clock: Green salad, dry toast,
clear tea

Tea at five o'clock: Tea with lemon

Dinner: Lean meat, dry toast

6

A teacher contributed this menu, having proved that it would reduce her.

Breakfast: Glass of orange juice, lemon juice, and
juice of half a grapefruit, choice of an apple or
a banana

Luncheon: Dry cereal with skimmed milk

Dinner: Salad of raw vegetables, with dressing of
vinegar and vegetable oil

HOME-GROWN MEALS

Recently a country gentleman and his wife were asked to save their menus for one week.

"We don't study food combinations much," they said. "We are 'good livers,' it is true, but our meals vary little, because we like about the same things all the time. Then, too, we serve mostly what we raise here and on our farm in the South, buying only such staples as sugar, flour, coffee and dried or tinned fish. So you see our menus would not pass muster with a public that is on the lookout for something 'new' and for meals that are scientifically balanced. Our system is just to put on the table a lot of things we like, and then let each individual choose what appeals to and agrees with him."

Possibly farmers who read the menus of this couple may claim that farm people, as a whole, cannot afford such lavish living. Yet it is a fact that many farmers with next to "nothing a year" in income, serve in their homes foods that most city people of even rather large incomes could not touch in variety and tastiness.

Their tables are loaded down with home-

90 MENUS FOR EVERY OCCASION

made breads, which city folk never seem to find time to make; with home-made preserves, jellies and pickles, which apartment dwellers not only have not time to put up, but are too cramped for space to store, even if they could secure the really fresh supplies needed for their perfection.

Every farm may not produce the foods that make up the following menus, but every farm has supplies peculiar to its own section, and the stranger within its gates will enjoy selecting from the variety offered.

The farm from which these menus came features and boosts the Jerusalem artichoke on every occasion and in every conceivable manner. There are even artichoke-chips in a bowl on the living-room table and every one munches on them between meals, as popcorn, nuts or candy might be nibbled at in some homes.

In another farm home, honey is the specialty. It is served on oatmeal and on griddle-cakes for breakfast; fruit preserved in honey is served at dinner or supper; fresh fruit sweetened with honey often masquerades as dessert; and hot biscuit, tea and honey has sold many a pound of this sweet to city dwellers privileged to taste it where it is a favorite.

BREAKFASTS

Choice of fruits in season, choice of dry or cooked cereal, eggs any style, coffee or tea, marmalade, jams, honey or maple syrup are offered with one of the following breakfasts every morning:

1. Buckwheat Cakes, Sausage, Gravy, Rolls
2. Codfish in Cream, Boiled Potatoes, Toast
3. Fried Ham, Flannel Cakes
4. Bacon, Rice Cakes, Doughnuts
5. Creamed Fish, Boiled Potatoes, Corn Muffins, Doughnuts
6. Ham, Graham Gems, Waffles
7. Liver and Bacon, Popovers, Doughnuts

DINNERS

(Served at 12:30)

Celery, olives, white bread, whole wheat bread, crackers, cottage cheese, coffee, fruits, and nuts are served every day with each of the following dinners:

1

Bouillon

Guinea Hen with Oyster Stuffing Cranberry Sauce
Candied Sweet Potatoes Onions Spinach Beets
Mashed Potatoes Pickles Radishes
Spiced Pears
Fruit Salad Grape Juice
Mince Pie Raspberry Ice White Cake

2

Split Pea Soup

Roast Beef Roast Potatoes Macaroni and Cheese
Candied Parsnips Surprise Artichokes
Pickle Relish Orange Salad Cider
Saratoga Pudding

3

Cream of Corn Soup

Ducks with Bread Stuffing Apple Sauce Plum Jelly
Mashed Potatoes Baked Sweet Potatoes Creamed Celery
String Beans Asparagus Salad Grape Juice
Martha Washington Pie or Fresh Strawberries and Cream

4

Cream of Artichoke Soup
Spare Ribs Apple Sauce
Sauerkraut Mashed Potatoes Carrots Green Peas
Grapefruit Salad Cider
Pumpkin Pie

5

Beef Soup with Rice
Roast Capon with Oyster Stuffing Cranberry Sauce
Squash Creamed Boiled Onions Artichoke Soufflé
Mashed Potatoes Apple and Celery Salad
Sparkling Grape Juice
Ice-cream Chocolate Sauce Angel Food Cake

6

 . Potato Soup
Broiled Fish Cucumbers Boiled Potatoes Corn Bread
Boiled Cabbage Stewed Tomatoes Creamed Salsify
Pear Salad Cider Apple Pie

7

Vegetable Soup
Roast Lamb Mint Sauce Mashed Potatoes Turnips
Corn Pudding Cabbage Salad French Dressing
Blueberry Pudding Grape Juice

SUPPERS

A cream soup, crackers, white and whole wheat bread, baked apples, tea and assorted fruits are served each evening with the following menus:

I

Poached Eggs Baked Potatoes Chicken Salad
Nut Bread Strawberry Jam Lettuce Sandwiches
Peach Bavarian Cream Sugar Cookies

2

Chops Creamed Potatoes Scalloped Oysters
Hot Rolls Honey Maple Syrup
Pear Salad
Cake with Cream Filling

3

Creamed Chicken Fried Oysters Stuffed Baked Potatoes
Cold Lamb Pear Preserve
Deviled Eggs Bean Salad
Orange Jelly Devil's Food

4

Steak Fried Potatoes
Hard-boiled Eggs with Tomato Sauce
Popovers Cocoa
Head Lettuce Salad French Dressing Cottage Cheese
Cream Pie Baked Bananas

5

Squab Plum Jelly Hashed-browned Potatoes Apple Sauce
Cold Roast Beef
Canned Cherries Cream Toast
Vegetable Salad
Custard Ginger Cookies

6

Pheasant Currant Jelly
Chipped Beef Baked Potatoes Rice
Hot Biscuit Syrup and Honey
Tomato Salad
Pineapple Layer Cake

7

Hash or Irish Stew Baked Eggs
Baked Beans Brown Bread
Potato Salad
Dates with Whipped Cream Pears Cookies

Some miscellaneous food-suggestions for substitutes in home-grown meals are:

Berries in season; asparagus in various styles; chicken pot-pie; chicken à la Maryland; chicken croquettes; turkey; hot baked ham; cold boiled ham; meat loaf; veal cutlets; pork chops; egg-plant; corn on cob; watercress; greens; apple dumplings; brown betty; apple tarts; peach tarts; apricot tarts; fruit pies in season; fruit shortcakes in season.

GUEST MEALS

SIMPLE SUPPERS FOR SUNDAYS

Nobody wishes to work on Sunday. Yet in almost every home that has a reputation for hospitality, friends descend upon its members to while away the hours with music or chatting, and before they or the hostess realize it tea or supper time has come around and a little snack of something seems the only thing lacking to the end of a perfect day.

In the household where this becomes a habit, the hostess soon feels the necessity of providing herself with emergency foodstuffs and emergency menus which shall combine a minimum of work at the last moment with a maximum of perfection to herself and those who consume the repast she provides.

She will find it convenient to keep on hand a list of suitable menus for these occasions. First, it lends variety to the repasts; without such a list any housekeeper is apt to repeat herself many times for the same guests. Second, with the list

before her she can almost prepare such a meal the day before, leaving only the finishing touches for the last moment. Third, a written menu helps one to keep the meal well balanced. The impromptu meal is nearly always badly balanced and too generous, especially when it is supposed to be only "a bite."

In compiling menus for simple suppers one should remember that one hearty dish with accessories and a beverage is sufficient, but that more may be added if desired; that food that requires little service should be offered, for informality is the keynote of success at these gatherings; that though the menu be not elaborate, everything should appeal to the eye as well as to the palate and there should be an ample amount of what there is.

In the following menus only one hot dish is suggested, and the desserts are such as can be made the day before.

1

Anchovy Canapés
Chicken à la King on Toast
Whole Wheat Bread
and Nut Sandwiches
Celery Olives
Fruit Salad Cake Coffee

2

Clam Chowder
Toasted Crackers
Beet and Onion Salad
on Lettuce
Fruit Gelatin Tea

98 MENUS FOR EVERY OCCASION

3

Welsh Rarebit Toast
Waldorf Salad Crackers
Coffee

4

Cold Meats Potato Chips
Pickles Olives Relish
Jelly Hot Biscuit Honey
Tea

5

Vegetable Salad
Buttered Bread
Salted Nuts
Cookies Jam Tea

6

Mushroom Patty
Endive Salad Cold Ham
Roquefort Cheese Crackers
Meringue Tea

7

Minced Ham and Green
Peppers on Toast
Fruit Salad Cookies
Coffee or Tea

8

Tomato Jelly Ring Filled
with Vegetable Salad
Graham Bread and Butter
Sandwiches
Apple Pie Coffee

9

Asparagus on Toast
Apple Sauce
Cinnamon Cake Tea

10

Creamed Fish on Toast
Hot Rolls Jelly
Cucumber Fingers
Grapefruit-Pimento-Date
Salad
Chocolate or Tea

11

Shrimp and Celery Salad
Toasted Buttered Crackers
Cottage Cheese
Olives Radishes
Lemon Meringue Pie
Coffee

12

Cheese Soufflé Celery
Nut Cake
Grape Juice Punch

13

Spaghetti in Tomato and
Onion Sauce
Celery Radishes Olives
Graham Bread and Butter
Sandwiches
Canned Fruit Cake
Coffee

14

Veal Stew
Baked Apples
Cake Coffee

15

Assorted Cold Meats
Mango Relish
Mustard Sandwiches
Potato Salad
Mince Pie Cheese Coffee

16

Deviled Eggs Sardines
Radishes Young Onions
Toasted Buttered Crackers
Celery Knob Salad
Bread and Butter
Blanc-mange Coffee

17

Crab Meat Salad in
Pepper Cases
Cucumber Fingers Celery
Rolls Split and Toasted
Cream Pie Coffee

18

Buffet Supper

Cold Baked Ham
Cold Smoked Tongue
Relishes Olives Celery
Vegetable Salad
Nuts Pickled Peaches
Cottage Cheese
Jelly Crackers Rolls
Coffee or Tea or Egg-nog

AFTERNOON TEAS

Whether tea be served regularly at "candle lightin' time" or merely when guests drop in, foods that are dainty rather than hearty should appear upon the menu. And this is true whether it be a "one-piece tea," with only cookies or sandwiches added to the service of a beverage, or a more elaborate repast which is offered to guests on a "day at home" or at the formal tea—in other days dignified by the name of "reception."

1

Little Teas

Tea Coffee Chocolate
Bread and Butter
Sandwiches
Candies

2

Beverages Accessories
Chocolate Nut Cookies

3

Tea Waffles Syrup

4

Jasmine Tea
Strained Honey
Devonshire Cream
Bread or Biscuit

5

Tea or Coffee
Toasted Bread Rolls
Filled with Cheese

6

Tea Lemon Cloves
Cheese Sticks

7

Coffee Crackers
Cream Cheese Bar le Duc

8

Tea or Coffee
Fudge and Saltine
Sandwiches

9

Hot Chocolate Saltines
Toasted Marshmallows

10

Tea or Coffee or Cocoa
Cinnamon Toast

11

Tea English Toasted
Muffins
Marmalade or Jam

12

Beverage
Nut Bread Sandwiches

13

Tea Chocolate Layer Cake

14

Tea or Coffee
Bran Bread Sandwiches
with Cream Cheese and
Pimento Filling

15

Coffee
Nut Bread Sandwiches with
Filling of Cream Cheese
and Pineapple

16

Tea or Coffee
Gingerbread with Fudge
Sauce

17

Tea or Coffee
Cream Cheese and Olive
Sandwich

18

Hot Chocolate and
Doughnuts

19

Coffee
Tomato and Bacon
Sandwich

20

Tea or Coffee
Egg and Celery
Sandwich

102 MENUS FOR EVERY OCCASION

21

Coffee

Sardine and Egg
Sandwich

22

Tea or Coffee or Chocolate
Waffles Topped with
Vanilla Ice-cream
and Caramel Nut Sauce

23

Tea Coffee Cocoa
Cake and Ice-cream
Sandwich

24

Tea or Coffee
Fruit Salad Wafers

25

Tea or Coffee
Chocolate Eclairs

26

Hot Chocolate
Charlotte Russe

27

Tea or Coffee
Stuffed Celery Rolls
Salted Almonds
Cereal Kisses

28

Coffee

Sausage and Mustard Rolls
Dill Pickle Roll
Rock Candy Crystals

29

Tea
Asparagus-tip Rolls
Salted Pecans
Chocolate Peppermints
Small Cakes

30

Hot Chocolate
Whipped Cream
Hearts of Celery Rolls
Crisp Potato Chips

31

Coffee
Cucumber Rolls
Sardine Rolls
Buttered Popcorn

32

Lettuce and Pimento Rolls
Cookies Candies
Tea

33

Tea
Cake and Cream Rolls
Cake and Jelly Rolls

34

Tea or Coffee

Swedish Wafer and Cheese

Rolls

Olives Assorted Cakes

Candies

36

Tea or Coffee

Water Cress and

Mayonnaise Sandwiches

Stuffed Dates

35

Tea or Coffee

Hot Buttered Mathzos

Fudge

37

Coffee

Chicken Giblet and

Chopped Bacon on Toast

38

Tea

Nut Bread, Cream Cheese,

Strawberry Jam

Sandwiches

Formal Teas

I

Tea Lemon Cloves Candied Cherries

Hot Chocolate or Cocoa

Coffee Cream Rock Candy Crystals

Celery Rolls Asparagus Rolls

Bread and Butter Sandwiches

Chicken Salad Olives Pickles

Assorted Cakes Assorted Bonbons

2

Tea Candied Rose Petals Lemon or Cream

Fruit Punch Coffee

Assorted Open-faced Sandwiches Tomato Jelly Salad

Salted Nuts Ice-cream Assorted Cakes

104 MENUS FOR EVERY OCCASION

3

Hot or Cold Beverages Crab-flake Salad
Celery Olives Salted Nuts
Assorted Sandwiches Lemon Water-ice Assorted Cakes

4

Tea Coffee Chocolate Mushroom Patties
Bread and Butter Sandwiches
Berry Tarts Maple Mousse Cakes Candies Nuts

5

Beverages Desired
Cucumber Sandwiches Tomato Sandwiches
Cress Sandwiches Lettuce Sandwiches
Fish Salad in Gelatin Mayonnaise
Peppermint Candy Ice-cream Cakes Bonbons

6

Tea Cocoa Coffee
Cream-Cheese-Pineapple-and-Walnut Salad
Lettuce Sandwiches Bread and Butter Sandwiches
Olive and Mayonnaise Sandwiches
Frozen Pears Cakes Candies

7

Coffee or Tea
Tomatoes Stuffed with Crab Meat Celery
Cheese Sandwiches Egg and Olive Sandwiches
Nut Bread Sandwiches
Berry Shortcake Whipped Cream Bonbons

8

Coffee Lobster-Egg-Celery Salad
Graham Bread Sandwiches
Salted Nuts Potato Chips
Frozen Apricots Cakes Bonbons

"Open House" at Tea-Time

1

Tea Lemon Cream Cherries
 Candied Mint Leaves Cloves
 Coffee Cream Sugar Rock Candy Crystals
 Bread and Butter Sandwiches Cheese Sandwiches
 Sweet Sandwiches
 Olives Salted Nuts Celery
 Egg-nog Fancy Cakes Ices Candied Fruits Candies

2

Tea Candied Rose Petals Lemon Cream
 Coffee Cream
 Open-faced Sandwiches Salted Nuts Olives
 Little Cakes

3

Fruit Punch Cheese Sandwiches Sweet Crackers
 Popcorn Stuffed Dates Raisins
 Cakes Candies

4

Ginger Ale and Lemon Water-ice Punch
 Assorted Sandwiches Cakes

5

Hot Chocolate Whipped Cream
 Toast Sandwiches Buttered Rolls
 Toasted Marshmallows Assorted Nuts Raisins

6

Coffee or Tea or Chocolate
 Fruit Salad Cheese Crackers Cheese Sticks
 Potato Chips

COLOR-SCHEME MEALS

The hostess-who-cares strives to gain a reputation for distinctive touches to her repasts, as well as one for originality in her entertainments.

Color-scheme meals are one means to that end. And it becomes a fascinating task to plan and carry them out. There is a much wider range of detail work in this field than appears at a mere glance at the color combinations in foods. Floral decoration, place cards, linens, china and even paper frills for casseroles may be considered in this connection. And those hostesses who can afford it even go so far as to have the costume of the maid serving the repast feature the color scheme in her apparel, even if it be so slight an embellishment as the strings to an apron or cuffs and collar to a dress. However, this is done, of course, only at very informal affairs when only the closest friends are gathered around the board.

Color-scheme meals are particularly popular at club parties, entertainments for college or athletic teams, school or fraternity and class fes-

tivities, christenings, prenuptial affairs, and weddings.

The following color-scheme menus are only a few of the many possible, but a perusal of these given will suggest to the mind of the alert hostess others to suit occasions.

I

Lavender and Green

Caviar Canapé Garnished with Parsley
 Half Grapefruit Garnished with Mint Leaves and
 Candied Violets
 Lamb Chops Cress Mint Jelly Parsley Potatoes
 Grape Water-ice Cakes with Lavender Frosting
 Coffee Candied Mint Leaves

2

Orange and Black

Ripe Olive and Egg-yolk Canapé
 Orange Baskets Filled with Grape and Orange Cocktail
 Roast Pork Sweet Potato Soufflé
 Baked Peeled Apples Stuffed with Raisins
 Scalloped Cabbage
 Stuffed Prunes Mayonnaise Salad
 Raisin Pie American Cheese Coffee

108 MENUS FOR EVERY OCCASION

3

Black and Red

Tomato Soup
Grilled Fresh Mushrooms Garnished with Pimentos
Roast Duck Gravy Wild Rice
Baked Apples in Cranberry Sauce New Beets in Butter
Strawberries Cream Chocolate Cakes Coffee

4

Pink and Green

Shrimp Cocktail in Green Pepper Shells
Boiled Salmon Squeezed Cucumbers Green Peas
Parsley Potatoes
Asparagus Salad
Strawberry Ice-cream Cakes Frosted in Green
Candied Rose Petals Coffee

5

Black and White

Ripe Olives
Cream of Mushroom Soup with Minced Mushrooms
Breast of Chicken Cream Gravy Mashed Potatoes
Cauliflower in Butter
Date and Cottage Cheese Salad
Vanilla Ice-cream Fudge Sauce Coffee

6

Red and White

Tomato Soup Whipped Cream
Baked Ham Horseradish Sauce
Mashed Pimento Potatoes Pickled Beets
Peppermint Candy Ice-cream Angel-cake
Candied Cherries Coffee

7

Red, White and Blue

Ripe Olives
Tomato Canapé Topped with Caviar and Egg-white
Smoked Tongue Grape Jelly Pimento Potatoes in Cream
Cauliflower
Raisin-Apple-Cherry-and-Celery Salad
Thousand Island Dressing
Blueberry Water-ice
Little Cakes Frosted in White and Topped with Cherries
Coffee

8

Yellow and White

Assorted Hors-d'œuvres
(Deviled eggs, celery, slices yellow tomatoes, shredded
cabbage, pickled onions)
Jellied Consommé Buttered Bread Fingers
American Cheese Ring Filled with Fruit Salad
Cold Chicken Potato Chips
Vanilla Ice-cream Caramel Sauce Macaroons
Iced Tea

110 MENUS FOR EVERY OCCASION

9

Red and Green

Watermelon Cocktail
Garnishes of Mint Leaves
Spinach Ring Filled with Creamed Ham, Peppers and
Mushrooms
String Beans Pimento Potatoes
Romaine and Tomato Salad
Green Gelatin Ring Filled with Strawberries
Little Cakes with Green Frosting Red Hard Candies
Coffee

10

Green and White

Cream of Spinach Soup Whipped Cream
Asparagus Tips in Cream Sauce on Toast
Baked Stuffed Fish
Cucumbers Parsley Potatoes Peas
Pistachio Ice-cream Little White Cakes
Coffee

11

Red and Yellow

Grilled Tomato Halves Topped with Cheese Soufflé
Rare Roast Beef Yorkshire Pudding
Sweet Potatoes Glacé
Creamed Corn and Pimentos
Stuffed Beet Salad with Mayonnaise
Watermelon Coffee

GUEST MEALS

III

12

Yellow (or Orange) and Black

Orange and Raisin Black-eyed Susans

Ripe Olives

Black Bean Soup

Crown Roast of Lamb Filled with Carrots and Force meat

Corn on the Cob

Pumpkin Pie Black Coffee

13

Yellow and Green

Chicken Salad in Cracker "Pen"

Green Olives Pickles

Orange Ice in Sherbet Glass

Cakes with Orange Frosting Salted Almonds

Green Candies

Coffee with Cream

14

Green and White

Green Pepper Rings Stuffed with Olives, Nuts and

Cream Cheese

Buttered Bread Rolls Pickles

Pistachio Ice-cream Cakes with Green Frostings

Coffee

THEME-MEALS THROUGHOUT THE YEAR

Theme-meals are the joy of the imaginative hostess who likes to have her functions "different" and original. But they are the despair of her less fortunate sister who is not gifted with that quality of imagination which can be used to advantage in practical everyday entertaining. And there is scarcely a month in the year, in some part of the land, when a hostess is not called upon, or thinks she is, to plan a theme-meal. If there were only the holidays to consider, they alone form a good-sized order. But when there are all the little personal courtesies, such as birthday celebrations, prenuptial affairs, anniversaries and school festivities besides, it makes one gasp, and readily welcome hints that will set one's mind to working along fresh tracks in search for ideas.

Of course, theme-meals need not depend upon the foodstuffs alone for "atmosphere." China of certain periods, linens appropriate to the theme, paper frills, fancy bonbon dishes, flags

and other accessories all may be used to advantage when ideas in food give out. But as it is often easier to plan the table decoration for a special theme-meal, than it is to combine foods to carry out the theme, the hostess may find the following menus a help in emergency entertaining:

I

"Open House" on New Year's Day

Clock-face Sandwiches or Canapés (Made of cheese and dates or with cheese foundation with ripe olive numerals and pimento hands)

Calendar Canapés (Oblongs of bread or toast topped with cheese and bearing the inscription *Jan. 1* in raisins. The same design made with hard-boiled egg foundation and inscription in liver or other meat)

"New Year" Candies and Cakes (Baby-doll style)

Coffee, Tea, Egg-nog, Fruit Punch, Cider

2

A Lincoln's Birthday Luncheon

Bread Sticks (Log-cabin style, filled with creamed meat or fish)

Asparagus-tip Salad (Wood-pile style, with pimento ax)

"States of the Union" Bread and Butter Sandwiches (Sandwiches cut in shapes of States)

114 MENUS FOR EVERY OCCASION

"Pickaninny" Ice-cream (Chocolate ice-cream frozen in shape of child)

"Cotton Ball" Cakes (Little round cakes rolled in cocoanut frosting)

Coffee

3

A Valentine Tea

Chicken Salad in Gelatin (Molded in heart-shape and topped with pimento arrows)

Heart-shaped Sandwiches

Valentine Canapés (Bread rounds cut in "paper-lace" fashion and centered by a pimento heart)

Strawberry Ice-cream (Frozen in tulip-molds)

"Sentiment" Cakes (Little cakes bearing sentiments made by forming letters with small hard candies.

These must be placed upon frosting before it hardens)

Coffee or Tea

4

A Washington's Birthday Dinner

Salted Peanuts, Hatchet-shaped Canapés, Beverage Containing Cherries

Baked Virginia Ham, Candied Sweet Potatoes, Spoon Bread, Relishes, Pickled Peaches, String Beans

Salad of Cherries, Stuffed with Peanut Butter

Washington Cake or Cherry-tree Slice, Coffee, Wild Cherry Candies

5

A St. Patrick's Day Tea

Shamrock Salad (Green pepper slices stuffed with cream cheese)

"Shillalah" Crisps (Bread sticks or cheese sticks toasted)

"Potato Ice-cream" (Vanilla ice-cream oblongs rolled in cocoa)

"Emerald" Cakes (Little cakes frosted in green and "jeweled" with small green candies)

"County Cork" Bonbons (Bonbons so shaped as to resemble corks)

6

An Easter Tea

Creamed Chicken on Toast "Easter Hat-Boxes"

Celery-and-Egg Sandwiches

Spun-sugar Bird's Nests with Ice-cream Eggs

Easter Lily Candies, Little Cakes Garnished with Candy Easter Eggs

Coffee, Tea, Chocolate

7

A May Day Tea

Grapefruit or Melon-shell May-basket Filled with Fruit Salad or Ice-cream and Garnished with Flowers

"Maypole Cakes" (Little cakes topped with stick-candy "poles")

Coffee or Chocolate

A Bridal Tea

"Wedding-ring" Salad (Any jellied salad in ring-mold)
 "Love-nest" Sandwiches (Bread cut in shape of a cottage with cream cheese covering and green pepper shutters)
 Ice-cream Brides with Spun-sugar Veils, or Ice-cream "Rings," or Ice-cream Slippers
 Candied Rose Petals
 Bride's Cakes with White Frosting and Topped with Bride's Roses
 Tea or Coffee

Sweet-Girl-Graduate Spread

Layer Sandwiches Completely Concealed by the Gowns of Lollypop Dolls in Cap-and-gown or "School-Marm" Dolls
 "Diploma" Roll Cakes (Cakes rolled and tied diploma style)
 Ice-cream Frozen in Book Form
 Chocolate

A Patriotic Tea

"Cannon Ice-cream" (Ice-cream in tall glasses so wrapped with red crêpe paper as to resemble a cannon-cracker. A grapefruit candied peel "fuse" to be stuck in the top of the ice-cream)
 Liberty Bell Cakes, American Shield Cakes, Candy Torpedoes
 Tea or Coffee

11

A Columbus Day Tea

"Spice of India Eggs, Boat Style" (Deviled eggs,
highly seasoned, topped with paper sails)
Curried Rice with Chutney
"Map-of-the-New-World" Sandwiches
"Sphere" Spice Cakes
Iced Tea

12

A Hallowe'en Supper

"Witch's Brew" (Fruit cocktail or other beginning-
course, served in paper "witch's caldron")
"Jack-o'-Lantern Stew" (Small baked squashes filled
with meat, squash, bread-crumbs and onions)
"Black Cat Sandwiches (Silhouettes of cats in dark
bread)
"Bonfire" Pudding (Plum pudding surrounded with
nutshells filled with burning alcohol)
Tea and Candies

13

Armistice Day Dinner

Antipasto Hors-d'œuvre (Italy)
Potage (France)
Frogs' Legs with Tartar Sauce (France)
Roast Beef and Yorkshire Pudding (England)
Peas and Spaghetti Italienne
Belgian Endive
Apple Pie à la Mode (United States)
Brazilian Coffee

118 MENUS FOR EVERY OCCASION

14

A Thanksgiving Day Tea

Fruit Salad in "Horn of Plenty" Cakes or Other Containers

"Plymouth Rock" Cakes and Buttered Popcorn

"Bonfire" Marshmallows (Marshmallows toasted over coals)

Tea

15

A Christmas Tea

"Christmas Candle" Salad (Salad of banana in holder of pineapple)

"Christmas Star" Canapés

"Holly-wreath" Canapés (Bread rounds outlined with a wreath of small red candies and green candied fruits or with a wreath of cranberries and cress)

Coffee or Tea

FOODS FROM FOREIGN LANDS

I

A French Dinner

Cream of Shrimp Soup
Baked Turbot Mushroom Sauce Cucumbers
Roast Veal Peas Soufflé Potatoes
Chicory Salad
Pastry Camembert Cheese Wafers
Coffee

2

An English Dinner

Clear Soup
Fillet of Sole
Roast Beef Yorkshire Pudding Horseradish Sauce
Boiled Cabbage
Fruit Tarts
Cheese Coffee

3

A Russian Luncheon

Caviar Canapés
Bortsch
Ragout of Mutton Cauliflower
Sherbet Coffee

4

An Italian Dinner

Sardines

Bean Soup Bread Sticks

Spaghetti Tomato-and-Meat Sauce Parmesan Cheese

Grilled Chicken Lettuce Salad Italian Dressing

Spumoni Coffee

5

A Hawaiian Luncheon

Soup in Cups

Fish Baked in Tea-leaves

Chicken Curried Rice Poi

Guava Snow Tea

6

A Chinese Dinner

Bird-nest Soup

Fish Chop Suey

Pineapple Chicken Rice Squash

Shrimp Salad Bean Biscuit

Lily-root Pudding

Almond Cakes Tea

7

A Japanese Dinner

Hors-d'œuvre

(Shredded greens, picked vegetables, piquant sauce)

Bouillon (With vegetable flowers in bottom of cup)

Shrimp Fritters with Sauce Boiled Rice

Tea Served in Bowls

Fish-Cucumber-Orange Salad Vinegar Dressing

Rice Cake Sandwiches with Fruit Filling

SPECIAL OCCASIONS

THANKSGIVING DAY DINNERS

I

Celery Salted Nuts Olives Assorted Hors-d'œuvres
Fruit Cocktail

Consommé Crackers

Roast Turkey Stuffed at One End with Oyster Dressing,
at the Other End with Chestnut Dressing Gravy

String Beans Spoon Bread

Baked Stuffed Apples in Cranberry Jelly

Mince Pie Vanilla Ice-cream Cake

Coffee Candies

2

Oyster Cocktail Radishes Celery Salted Nuts
Cream of Asparagus Soup

Roast Duck Apple Stuffing Gravy

Candied Sweet Potatoes

Brussels Sprouts Hot Buttered Rolls

Orange-Pecan-Pimento-and-Romaine Salad

Steamed Suet Pudding Hard Sauce

Coffee Candies

122 MENUS FOR EVERY OCCASION

3

Half Grapefruit

Olives Celery Split Pea Soup

Baked Ham Creamed Horseradish Sauce

Onions au Gratin

Pickled Peaches Stuffed with Jelly Sweet Potato Soufflé

Waldorf Salad Wafers

Pumpkin Pie Whipped Cream Mince Pie Cheese

Nuts Raisins Fruit Coffee Candies

CHRISTMAS DINNERS

I

Cheese Canapés Anchovy Canapés Caviar Canapés
Salted Nuts Celery Olives
Consommé Crackers
Roast Goose Bread and Butter Stuffing Gravy
Fried Apples
String Beans Mashed Potatoes
Jerusalem Artichokes Hollandaise Sauce
Mince Pie Cheese Coffee

2

Fruit Cocktail Celery
Roast Loin of Pork Apple and Cranberry Sauce
Baked Mashed Sweet Potatoes Covered with Marshmallows
Spinach Hominy Corn Bread
Tomato Jelly Ring Filled with Cream Cheese on Lettuce
Plum Pudding Hard Sauce Nuts and Raisins
Coffee

124 MENUS FOR EVERY OCCASION

3

Assorted Hors-d'oeuvres
Black Bean Soup Crackers
Roast Suckling Pig Highly Seasoned Bread Stuffing
Gravy Apple Sauce
Relishes Mustard
Mashed Sweet Potatoes Cauliflower
Hot Biscuit Jelly
Asparagus-tip Salad
Plum Pudding Hard Sauce Mince Pie
Ice-cream Cakes Coffee

4

Caviar and Onion Canapés
Olives Oysters on Half-shell Celery
Cream of Mushroom Soup Crackers
Scallops Tartar Sauce
Roast Turkey Rice Stuffing Gravy Cranberry Jelly
Chestnuts and Brussels Sprouts Candied Sweet Potatoes
Pickled Beets
Pineapple and Pimento Salad
Mince Pie Welsh Rarebit Coffee

LITTLE WEDDING FEASTS

Simple Early Morning Breakfasts

I

Fruit Cocktail in Fruit Shells
Creamed Chicken in Toast Patties
Hot Baking-Powder Biscuit
Jam or Marmalade Coffee Cream

2

Halves of Grapefruit or Melon
Halves of Broiled Chicken or Squab on Buttered Toast
Corn Bread-Sticks or Corn Bread
Currant Jelly or Currant Preserves
Coffee Cream

3

Orange and Raisin "Black-eyed Susans"
Creamed Fish (Scallops, crab-flakes, salmon, etc.) Popovers
Strawberry Jam Coffee Cream

Simple Mid-day Repasts

I

Fruit Cocktail
Olives Celery Nuts
Lobster Patties Peas Parker-house Rolls
Asparagus-tip Salad Cheese Sticks
Chocolate Ice-cream with Mint Candy Sauce
Coffee Bonbons

126 MENUS FOR EVERY OCCASION

2

Celery and Artichoke Hearts Cocktail
Salted Nuts Radishes Browned Saltines
Fillet Mignon on Toast Mushroom Sauce
Potato Balls in Parsley Butter
Maple Mousse Macaroons Coffee Bonbons

3

Celery Salted Pecans
Chilled Bouillon Whole Wheat Buttered "Fingers"
Chicken à la King on Toast Potato and Almond Balls
Tomato Cups Filled with Cream Cheese and Olives
Buttered Mathzos
Pineapple Parfait Cakes Coffee Bonbons

4

Oyster Patties Olives
Cucumber "Fingers" Salted Pecans
Bread and Butter Rounds
Lemon Water-ice Cakes Coffee Cream Bonbons

5

Lobster or Crab-flakes Creamed and Served in Ramekins
Celery Pickles Olives Salted Almonds
Cucumber Sandwiches Egg and Pimento Sandwiches
Chilled Fruit in Fruit Baskets
Cakes Coffee Cream Bonbons

SIMPLE MENUS FOR CHRISTENING PARTIES

Teas

I

Tomato Jelly Salad Cheese Sticks
 Olives Nuts
 Cake Tea Coffee

2

Cheese Canapés Olives Candied Rose Leaves
Grapefruit Gelatin Salad Colored with Pink Coloring
 Cakes Ice-cream Chocolate Coffee

3

Sugared Strawberries Turkish Paste Bread and Butter
 Chicken Salad
 Meringues Filled with Ice-cream
 Tea Coffee

Dinners

I

Apple Rings Filled with Cheese and Nuts
Baked Ham Scalloped Potatoes Spinach and Eggs
 Hot Buttered Rolls
Asparagus-tip Salad Hot Buttered Mathzos
 Lemon Pie Coffee

128 MENUS FOR EVERY OCCASION

2

Fruit Cocktail

Roast Chicken Rice Stuffing Spiced Peaches Jelly
Mashed Potatoes String Beans
Cauliflower Hot Biscuit
Vanilla Ice-cream with Caramel Sauce Cake
Coffee

3

Radishes Celery Cucumber Rings Filled with Fish
Lamb Mint Jelly Browned Potatoes Peas
Brussels Sprouts Bread
Toasted Marshmallows on Crackers Water-ice Coffee

LENTEN MENUS

1

Creamed Salmon and Peas in Patty Shells
Potato Chips String Beans
Hearts of Lettuce Thousand Island Dressing
Strawberry Water-ice Coffee

2

Creamed Codfish in Baked Potato Shells Pickled Beets
Asparagus Tips in Butter
Fruit Gelatin Whipped Cream Cakes Coffee

3

Oyster Cocktail Celery
Broiled Live Lobster Cucumbers Potato Chips
String Beans
Romaine Salad Wafers
Frozen Pudding Coffee

4

Radishes Olives
Deviled Crabs Potatoes Hashed in Cream
Combination Salad Cheese Sticks
Strawberry Ice-cream Coffee

5

Pea Soup Crackers
Stuffed Baked Fish Spaghetti and Cheese
Spinach and Eggs
Custard and Caramel Sauce Coffee

130 MENUS FOR EVERY OCCASION

6

Grilled Tomatoes Topped with Cheese Soufflé
Smelts Tartar Sauce Parsley Potatoes Cucumbers
Brussels Sprouts
Berry Tarts Coffee

7

Radishes Salted Nuts Celery Olives
Jellied Vegetable Bouillon
Fish Salad Cheese Sandwiches
Berry Ice-cream Cake Coffee

8

Grilled Sardines on Toast
Mushroom Omelet Asparagus in Butter
Hot Biscuit Honey Milk
Tomato and Lettuce Salad
Pear Shortcake Coffee Nuts

9

Relish Olives Celery
Squash on Toast
Macaroni in Tomato Sauce Sardines
Deviled Eggs Spinach
Pickled Beets Pickled Onions
Blanc-mange Fruit Sauce Coffee

LIGHT REFRESHMENTS

“It’s always fair weather, when good fellows get together, with a stein on the table—” “A loaf of bread, a jug of wine and thou—” “A cup of coffee, a sandwich, and you!” In terms similar to these the poets, the song makers and the kindred of spirit throughout the ages have thought of companionship and hospitality.

A certain degree of understanding and friendliness, often lacking otherwise, seems to surround the ceremony of the breaking of bread, even with mere acquaintances. So it is inevitable that thoughts should turn to food when congenial souls gather together, even if every one of the party has just finished a hearty repast.

At card parties, dances, church socials and like festivities, light refreshments, consisting of foods prepared in advance, usually form the menu offered. Such menus will consist of a salad, sandwiches, and a beverage; or ice-cream, cake and a beverage; or a combination of the two. And similar menus may be served at the

"talkfest." But it frequently happens that at such a gathering great enjoyment is derived from repasts which all present may have a hand in preparing. College boys and girls enjoying an evening of song or indulging in a reunion get keen enjoyment out of cooking and serving a feast, be it composed of one food or many.

At such times, electric equipment, alcohol chafing-dishes, an open grate, or a bonfire add much to the enjoyment of creation. And so-called "minute-meals" are more popular than those needing great preparation and special service.

The following menus are suitable for informal affairs. And with the exception of those requiring the use of electric equipment or chafing-dish, they are as delightful for indoor parties as for those given in the open.

ELECTRIC COOKING OR CHAFING-DISH

1. Curried Oysters, Buttered Toast, Coffee
2. Crab-flakes à la King, Toast, Chocolate
3. Curried Sardines and Eggs on Toast, Coffee
4. Welsh Rarebit, Crackers, Olives, Near-beer
5. Scrambled Eggs and Canned Mushrooms, Toast, Tea
6. Mushrooms and Macaroni au Gratin, Toasted Rolls, Coffee
7. Scrambled Eggs and Bacon, Bread, Butter, Jam, Tea
8. Waffles, Syrup or Honey, Coffee
9. Broiled Ham Sandwiches, Coffee
10. Grilled Bacon Sandwiches, Tea
11. Fudge, Toasted Saltines, Iced Tea
12. Fried Egg Sandwiches, Pickles, Coffee
13. Cinnamon Toast, Olives, Tea
14. Spaghetti with Italian Sauce, Cold Meat Sandwiches, Coffee

MISCELLANEOUS MENUS

1. Clam Bake, Potato Salad, Coffee
2. Marshmallows Toasted, Popcorn, Coffee
3. "Marshmallows to toast, Wieners to roast," Coffee
4. Corn on Cob, Potatoes, Wieners Roasted in Open,
Coffee
5. Beefsteak Sandwiches, Fried Onions, Roasted Potatoes,
Coffee or Chocolate
6. Taffy, Nuts, Apples, Cider
7. "Hot Dogs," Sliced Onions, Sliced Tomatoes, Hard-boiled Eggs, Coffee

“PICNICITIS”

At least once every year entire families—or, at any rate, certain members of most families—get an attack of picnicitis. And when the disease makes its attack the automobile dealers, the street-car companies, the boat corporations, the owners of camps, the manufacturers of canned goods, the packers of meats, fish, dried fruits and vegetables, the bakers of crackers, the dealers who handle camping kits—trailers, outdoor beds, blankets, etc.—the merchants who sell vacuum freezers, paper cups, paper spoons, paper napkins and tablecloths, toasting-forks, outdoor grills, thermos bottles, etc., play the rôle of doctor by making the patient or patients comfortable while the malady runs its true course.

And these professional people give greater relief than even they realize—to the housewife, at least! No longer need she spend long hours in preparation for a picnic. Bread, butter, tinned sandwich fillings, branded crackers and cookies, boxed marshmallows, toasting-forks, eggs, bacon, coffee or tea, fresh fruits, and similar ingredi-

ents may be bundled into a kit beside the one holding outdoor cooking-utensils. The ice-cream freezer may be packed ready to hold a frozen dessert which may be bought at the corner drugstore on the way to the wooded haunt. And this is true whether the picnic be impromptu or for a prolonged camping jaunt, though in the latter event the freezer might not be useful.

A properly stocked emergency-shelf—or emergency closet—is essential to the housewife whose family suffers from recurring picnicitis. And equally helpful is a ready-made menu, which will answer that perplexing question, “What shall I prepare?” It is a well-known fact that picnic meals, hastily thought up, are usually too bountiful and not well balanced. The following menus should satisfy from every consideration, saving the housewife much time and worry, and rewarding the camper with greater energy and health.

These menus have been tried out in various parts of the United States and Canada and have received the recommendation of husky and frail, thin and stout, rich and poor, who not only have had many attacks of picnicitis, but rejoice as the symptoms recur each year!

1. Lamb Chops, Creamed Potatoes, Canned Peas, Flap-jacks and Syrup, Ginger Ale
2. Fish (Bass, trout or perch), Boiled Potatoes, Carrots, Root Beer, Toast, Jam or Marmalade, Tea
3. Beefsteak, Roasted Potatoes, Corn on Cob, Cookies, Stewed Apples, Coffee
4. Canned Baked Beans, Wieners, Tomatoes, Toast, Toasted Marshmallows, Peanuts, Coffee or Tea
5. Eggs, Bacon and Diced Boiled Potatoes Scrambled Together, Fresh Fruit, Cookies, Coffee
6. Sardines, Hard-boiled Eggs, Pickles, Cress and Mayonnaise Sandwiches, Potato Salad, Fruit, Ginger Snaps, Beverage
7. Fish Chowder, Saltines, Dill Pickles, Nuts, Tomato and Cream Cheese Sandwich Salad, Coffee
8. Veal Chops, Stewed Tomatoes, Baked Potatoes, Saltine and Fudge Sandwiches, Buttered Toast, Tea
9. Bouillon-cube Soup, Oyster Crackers, Tuna Fish, Cucumber and Egg Salad, French Toast, Jelly, Jam or Honey, Milk
10. Meat Sandwiches, Sweet Sandwiches, Relish Sandwiches, Deviled Eggs, Olives, Cider, Pie, Coffee
11. Clam Chowder, Crackers, Tomato Gelatin Salad, Cake, Coffee, Candy
12. Boiled or Broiled Lobster, Potato Chips, Corn on Cob, Fruit, Coffee
13. Corn Chowder, Crackers, Bacon, Toast, Hard-boiled Eggs, Canned Peach Salad, Coffee
14. Steamed Clams, White Fish Sauté, Potatoes Hashed in Cream, Asparagus-tip Salad, Stuffed Olives, Canned Steamed Pudding, Coffee
15. Brigand Beefsteak (Steak, onions and bacon on skew-

138 MENUS FOR EVERY OCCASION

- ers), Pineapple and Cream Cheese Salad, Rolls, Cookies, Coffee
16. Irish Stew, Bread and Butter, Asparagus-tip and Egg Salad, Jelly, Ice-cream, Cookies, Fruit-ade
 17. Canned Salmon and Peas, Potato Chips, Cucumber Sandwiches, Cake, Nuts, Tea
 18. Cream of Tomato Soup, Crackers, Pork Chops, German Fried Potatoes, Fried Apples, Orange and Grapefruit Salad, Coffee
 19. Ham and Eggs, Potato Chips, Canned Spinach, Toast, Hot Chocolate, Toasted Marshmallows
 20. Broiled Chicken, Rice in Tomato Sauce, Canned String Beans, Bread, Butter, Olives, Pickles, Nuts, Stuffed Dates, Prunes and Figs, Coffee
 21. Cold Meats, Cottage Cheese, Crackers, Pickles, Olives, Boiled Beets, Berries and Cream, Cookies, Tea, Buttered Popcorn
 22. Canned Spaghetti, Bacon, Cheese, Sliced Fruit, Malted Milk
 23. Game (Venison steak, partridge, wild duck, prairie chicken), Jelly, Canned Hominy, Beet Greens, Canned Pear Salad, Coffee
 24. Scrambled Eggs with Chipped Beef, Apple and Nut Salad, Toast, Cream Cheese, Jam, Crackers, Coffee
 25. Sausage, Pancakes, Syrup or Honey, Coffee
 26. Fried Chicken, Jelly, Sweet Potatoes, Canned Lima Beans, Graham Bread Sandwiches, Grape Juice, Jam Tarts.
 27. Onion Sandwiches, Hashed Browned Potatoes, Sliced Canned Corned Beef, Pickles, Canned Pineapple, Coffee

BOX-LUNCHESES

Those who must prepare box-lunches three hundred days in the year, will make their task an easier one if they provide themselves with the proper tools. These are a lunch-box or kit, a thermos bottle, paper napkins, wax-paper for wrapping foods, and sharp knives.

General food supplies which always work in nicely with whatever is at hand for the lunch-box are: bread, butter, canned sandwich fillings, salad dressings, spices, and crackers. Beverages of all kinds come in this class, too.

In making sandwiches, butter should always be *creamed* before it is spread upon bread.

If packers of lunch-boxes will remember that variety and surprise make the box-lunch less monotonous to producer and consumer alike, and that it requires no more thought and no more work to put up "different" repasts each day, they will find their daily task fascinating instead of one of drudgery.

The following menus were created with not only these thoughts in mind, but also with an

140 MENUS FOR EVERY OCCASION

eye to economy, since much of the food suggested consists of left-overs in new dresses.

1. Tomato Sandwich, Lamb and Pickle Sandwich, Mint Jelly Sandwich, Grapes, Cake, Chocolate Bar, Milk (or Iced Tea for Adult)
2. Tomato and Cress Sandwich, Lamb and Horseradish Sandwich, Currant Jelly Sandwich, Plums, Cookies, Fudge, Grape Juice
3. Peanut Butter Sandwich, Nasturtium Sandwich, Cucumber Sandwich, Potato Chips, Grapes, Fudge and Saltine Sandwich, Delaware Punch
4. Cream Cheese between Potato Chips, Meat Sandwiches, Banana, Cake, Box of Raisins, Hot Chocolate
5. Horseradish and Cream Cheese Sandwich, Cucumber and Green Pepper Sandwich, Marmalade Sandwich, Pie, Popcorn, Lemonade
6. Celery and Cabbage Salad Sandwich, Bacon Sandwich, American Cheese, Apple, Cracked Nuts, Marshmallows, Cake, Milk
7. Creamed Fish Sandwich, Apple and Nut Salad Sandwich, Spinach and Egg Sandwich, Animal Crackers (for Child), Orangeade, Cookies, Stick Candy
8. Cress Sandwich, Tomato Sandwich, Apple Sauce Sandwich, Potato-Egg-and-Olive Salad in Cup, Lemon Pie, Ice-water
9. Ham and Egg Sandwich, Mustard Sandwich, Raisin Bread Sandwich, Apple-Date-Nut Salad in Cup, Cake, Cocoa
10. Meat and Tomato Sandwich, Crushed Banana Sandwich, Lettuce and Date Sandwich, Salted Peanuts, Cookies, Milk, Hard Candies
11. Cucumber and Cress Sandwich, Cucumber and Tomato

- Sandwich, Tomato and Meat Sandwich, Orange, Cake, Coffee for Adult, Ice-water for Child, "Cracker-Jacks," Lemon Stick Candy
12. Nasturtium Sandwich, Raisin and Apricot Marmalade Sandwich, Beef and Pickle Sandwich, Potato Salad in Cup, Stick Candy, Milk
 13. Cream Cheese and Jam Sandwich, Lettuce and Tomato Sandwich, Celery Hearts with Salt, Baked Custard in Cup, Cake, Ice-water
 14. Chopped Celery and Meat Sandwich, American Cheese and Pimento Sandwich, Apple and Nut Salad Sandwich, Chocolate Pie, Grape Juice
 15. Ham and Mustard Sandwich, Egg and Tomato Sandwich, Sugar and Cinnamon Sandwich, Grapes, Cake, Chocolate Bar, Milk for Child, Iced Tea for Adult
 16. Minced Ham and Mustard Sandwich, Crushed Banana and Salted Nut Sandwich, Jam Sandwich, Gelatin in Cup, Cake, Milk
 17. Meat Loaf Sandwich, Meat Loaf and Pickle Sandwich, Potato Chips, Cream Cheese and Olive Sandwich, Apple, Cookies, Fudge, Fruit-ade
 18. Cream Cheese and Marmalade Sandwich, Fudge and Saltine Sandwich, Egg-Pimento-and-Lettuce-with-Mayonnaise Sandwich, Pie, Fruit-ade
 19. Sandwich Layer Filled with Jam and Cream Cheese, Peanut Butter or Jelly, Baked Caramel Custard in Cup, Cake, Milk
 20. Olive and Celery Salad Sandwich, Apple and Nut Sandwich, Ham and Mustard Sandwich, Box of Raisins, Squash Pie, Hot Chocolate
 21. Dried Beef Sandwich, Dried Beef and Egg Sandwich, Olives, Pickles, Grapefruit-Celery-and-Mayonnaise-

142 MENUS FOR EVERY OCCASION

- Salad Sandwich, Cake, Coffee for Adult, Ice-water for Child, Gum-drops
22. Baked Bean Sandwich, Shrimp and Celery Sandwich, Tomato Sandwich, Gelatin in Cup, Peppermint Candy, Tea for Adult, Water for Child
23. Veal Sandwich, Veal and Pickle Sandwich, Egg and Tomato Sandwich, Apple, Fruit Juice, Fudge, Popcorn
24. Chicken Sandwich, Chicken Liver Sandwich, Lettuce and Mayonnaise Sandwich, Orange, Cake, Lemonade
25. Pimento Cheese Sandwich, Green Pepper and Celery Sandwich, Marmalade Sandwich, Chicken or Veal Salad in Cup, Crackers, Fruit, Orange Juice
26. Peanut Butter Sandwich, Horseradish and Banana Sandwich, Sardine Sandwich, Grapefruit and Celery Salad in Cup, Cake, Coffee for Adult, Ice-water for Child
27. Meat and Horseradish Sandwich, Marmalade and Cream Cheese Sandwich, Lettuce and Mayonnaise Sandwich, Jellied Chicken Bouillon in Cup, Crackers, Chocolate Pie, Ice-water
28. Celery and Egg Sandwich, Bacon and Tomato Sandwich, Radishes, Fruit Salad in Cup, Cake, Mints, Salted Nuts, Coffee

FOODS THAT ARE FIT FOR A KING!

There comes a time in the life of every hostess when she wants to serve food fit for a king, though her guest may perchance be merely a "prince of a fellow." She may long to serve similar food to distinguished guests, to her husband's best or poorest customer, or even to the president of the company from which the pay-check comes.

On such occasions the best that money can buy, that brain can plan, and that a clever cook can create is none too good.

Of just this type are the following menus which have actually been served in private homes noted for their excellent cuisine.

Here is a trick that the hostess in one house plays: Every time she has a particularly delicious dinner at home or elsewhere, she records it in a book kept for the purpose. And she tops the data with the names of the guests who partook of the repast. Thus when she wants to draft a menu into service she has it at hand and

144 MENUS FOR EVERY OCCASION

can easily do so—if new guests are to be treated to it.

I

Anchovy Hors-d'œuvre
Green Turtle Soup
Broiled Smelts Brown Bread and Cucumber Sandwiches
Mallard Duck Plum Jelly Spoon Bread
Candied Sweet Potatoes String Beans
Endive and Pear Salad Roquefort Cheese Crackers
Strawberry Shortcake
Coffee

2

Crab-flake Cocktail
Consommé Crackers
Roast Turkey Cranberry Sauce Candied Sweet Potatoes
Salsify Rolls
Romaine-Grapefruit-and-Pimento Salad
Vanilla Ice-cream Nut Sauce
Coffee

3

Queen Olives Salted Nuts
Fruit Cocktail
Cream of Celery Soup
Fillet of Sole Tartar Sauce
Roast Fillet of Beef Candied Sweet Potatoes Cauliflower
Tutti-frutti Ice-cream Little Cakes
Coffee

4

Assorted Hors-d'œuvre
 Oyster-crab and Scallop and Mushroom Newburg
 Soda Crackers Olives Celery
 Prairie Chicken Bread Sauce New Peas Wild Rice
 Spoon Bread
 Romaine Salad Cheese Apples Wafers
 Pineapple-Macaroon-and-Whipped Cream
 in Pastry Shells
 Coffee

5

Cape Cod Oysters
 Clear Green Turtle Soup
 Olives Anchovies Salted Nuts Radishes Celery
 Fillet of Sole Tartar Sauce Cucumbers
 French Fried Potatoes
 Fillet of Beef French Peas
 Terrapin
 Roast Virginia Quail Cress Chiffonade Salad
 Ice-cream in Fancy Mold Little Cakes
 Coffee

6

Cheese Paste Hors-d'œuvre
 Celery Ox-tail Soup Salted Nuts Olives
 Fish Pudding Cucumber Jelly Potato Balls
 Whole Wheat Sandwiches
 Turkey Stuffed with Oyster and Chestnut Dressing
 Creamed Spinach
 Stewed Apples Stuffed with Marshmallows and Nuts
 Covered with Cranberry Jelly
 Chocolate Roll Coffee

7

Sardine-Egg-Mayonnaise Hors-d'œuvres
Oysters on Half-shell
Celery Ox-tail Soup
English Mutton Chops Baked Potatoes New Peas
Hot Biscuit
Endive Salad
Apple Pie with Welsh Rarebit Coffee

8

Pimento Cheese Rolls Vegetable Cocktails
Celery Consommé Nuts Crackers
Smelts with Walnut Sauce
Broiled Guinea Hen Sweet Potatoes with Marshmallows
Wild Plum Jelly Fresh Peas
Endive, Watercress and Nut Salad Buttered Mathzos
Strawberry Shortcake Coffee

9

Anchovy Canapé Crab-flake Cocktail
 Cream of Mushroom Soup
 Fish Pudding Cucumbers Potatoes
 Goose Apple Sauce New Asparagus String Beans
 Lettuce and Cumquat Salad
 Ice-cream Cakes Coffee

10

Caviar Canapé Hearts of Celery Cocktail
Green Turtle Soup
Salmon Mousse Cucumbers
Creamed Sweetbreads and Mushrooms
Roast Guinea Hen Mashed Chestnuts Salsify
Endive and Orange Salad
Blueberry Ice-cream Coffee

11

Sardine Canapé
 Crab-flake, Celery and Artichoke Cocktail
 Celery Radishes Ox-tail Soup
 Bass Egg Sauce New Potatoes Cucumbers
 Mushrooms on Toast
 Capon Jelly Asparagus Candied Sweet Potatoes
 Romaine Salad with Cumquats Pâté de Foie Gras
 Nuts English Grapes Candies Coffee

12

Egg and Sardine Canapé
 Oysters Celery Olives
 Terrapin
 Mallard Duck Candied Sweet Potatoes
 Salsify Hominy Balls Stuffed Figs Rolls
 Romaine Camembert Cheese Pâté de Foie Gras
 Fruit Candies Coffee

13

Ripe Olives Celery Clear Soup
 Turkey with Oyster and Celery Stuffing Fresh Peas
 Mashed Artichokes Spiced Cranberries Spoon Bread
 Wine Jelly Ring Filled with Fresh Strawberries
 Coffee

14

Egg and Cheese Canapé
 Celery
 Ripe Olives Oyster-Crab Newburg
 Shad Roe Cucumbers Finger Rolls
 Broiled Chicken New Potatoes Hot Biscuit
 Fresh Asparagus
 Fresh Strawberries Angel-food
 Coffee

148 MENUS FOR EVERY OCCASION

15

Tomato and Cheese Hors-d'œuvre
Celery and Artichoke Cocktails
Clear Soup Crackers
Roast Turkey Oyster Dressing Creamed Salsify
Sweet Potatoes Mashed with Marshmallows
Asparagus and Pimento Salad
Pear Shortcake Coffee

16

Liverwurst Canapé
Celery Cucumbers Green Turtle Soup
Brown Bread Sandwiches
Quail and Snipe Fresh Peas Potatoes au Gratin
Fruit Salad Swedish Wafers
Ice-cream in Mold Wine Jelly Angel-cake
Coffee

17

Honeydew Melon in Cups
Olives Celery Nuts Clear Soup Crackers
Broiled Chicken Sweet Potato Pie Creamed Lima Beans
Waldorf Salad Cheese Crab Apples
Chocolate and Vanilla Parfait Sponge-cake
Coffee

18

Olives Celery Fruit Cocktail
Fried Chicken Potatoes in Cream
String Beans Carrots Hot Biscuit
Hearts of Lettuce French Dressing Cheese
Vanilla Ice-cream Hot Fudge Sauce Nut Cake
Coffee

19

Halves of Alligator Pear

Celery Salted Almonds Green Turtle Soup

Fried Chicken Jelly Mashed Potatoes Spoon Bread

Asparagus Tips

Fruit Sherbet Coffee

20

Celery

Cream of Asparagus aux Croutons Soup

Roast Philadelphia Turkey English Dressing

Cranberry Sauce

Candied Sweet Potatoes Early June Peas

Hot Mince Pie

Apples Assorted Nuts Fancy Candies Coffee

21

Green Turtle Soup

River Trout Squeezed Cucumbers

Roast Beef Yorkshire Pudding Spinach

Hearts of Lettuce French Dressing

Vanilla Ice-cream with Fresh Strawberries Cakes

Coffee

22

Assorted Hors-d'œuvre

Celery Ripe Olives Terrapin Crackers

French Artichokes Hollandaise Sauce

Saddle of English Mutton Fresh Peas Scalloped Eggplant

Pistachio Ice-cream Little Cakes Nuts

Coffee

150 MENUS FOR EVERY OCCASION

23

Sardine and Pimento Canapé
Celery Olives
Cream of Mushroom Soup
Fillet of Sole Shrimp Sauce Potato Balls Cucumbers
Roast Capon Stuffed with Oysters
Mashed Chestnuts New Peas New Asparagus
Frozen Fruit Salad Nut Sandwiches
Coffee

24

Egg and Tomato Canapé
Celery Clear Soup
Shad Roe and Bacon
Capon with Oyster Stuffing Stuffed Baked Potatoes
New Peas
Asparagus Salad Vinaigrette Sauce
Pâté de Foie Gras
Charlotte Russe Coffee

25

Sliced Tomatoes on Toast
Caviar Garnish
Cream of Spinach Soup
Baked White Fish Egg Sauce Cucumbers
Broiled Spring Chicken New Beets New Potatoes
French Artichoke Hollandaise Sauce
Frozen Pear Salad Nut Sandwiches
Candy Nuts Coffee

26

Assorted Cheese Hors-d'œuvre
 Cream of Pea Soup Crackers
 Fried Scallops Tartar Sauce Cucumber Fingers
 Roast Squab Candied Sweet Potatoes
 String Beans in Butter
 Marshmallow and Pineapple Pudding Coffee

27

Marrow Bones on Toast
 Cream of Mushroom Soup
 Smelts with Tartar Sauce Cucumbers Plain Sandwiches
 Squab with Oyster Stuffing New Peas
 Sweet Potatoes with Marshmallows
 Alligator Pear-Orange-Grapefruit Salad
 Swedish Wafers
 Pineapple Ice-cream Cakes
 Coffee

28

Caviar and Tomato Canapé
 Ripe Olives Ox-tail Soup
 Fish Pudding with Lobster Sauce Cucumber Jelly
 Saddle of Mutton Candied Sweet Potatoes
 New Peas in Cream
 Salted Nuts Celery
 Fresh Strawberry Ice-cream Mocha Cake Candies
 Coffee

29

Fruit Cocktail Olives Cheese Roll
 Roast Beef Spoon Bread Lima Beans
 Asparagus Hollandaise Sauce
 Banana Ice-cream Nut Cake
 Coffee

152 MENUS FOR EVERY OCCASION

30

Crab-flake Cocktail
Spaghetti in Tomato and Onion Sauce
Minute Steak French Fried Potatoes String Beans
Frozen Pudding Camembert Cheese
Coffee

31

Anchovy, Cheese-and-Oyster-Cracker Canapés
Beverage
Celery Olives Clear Soup
Roast Beef Yorkshire Pudding Melon Mango Relish
Roast Potatoes Gravy Brussels Sprouts Rolls
Spinach Flavored with Garlic and Garnished with
Hard-boiled Eggs
Jerusalem Artichokes Hollandaise Sauce
Pineapple Ice-cream Macaroons
Coffee

32

Celery Radishes Clam Broth
Sweetbreads with Mushrooms in Cream
Rice Ring Beets Jelly
Orange and Apricot Sherbet Nut Cakes Coffee

33

Buttered Vegetable Marrow on Toast
Celery Radishes Soup
Roast Leg of Lamb Mint Sauce Roast Potatoes
Carrots and Peas
Cranberry Apple Sauce Rolls
Hearts of Romaine Salad Roquefort Dressing
Maple Mousse Cakes Coffee

34

Ripe Olives Celery Oysters
 Clam Broth Crackers
 Baked Shad Mashed Potatoes String Beans
 Scalloped Tomatoes
 Cucumber and Green Pepper Salad
 Lemon Pie Coffee

35

Grapefruit and Maple Syrup
 Cream of Spinach Soup
 Fresh Broiled Mushrooms on Toast
 Baked Ham Scalloped Sweet Potatoes and Bananas
 String Beans Brussels Sprouts Relish Rolls
 Asparagus Salad
 Fruit-ice Coffee

36

Olives Celery
 Bouillon
 Scallops Newburg
 Broiled Chicken Spoon Bread New Peas
 Fresh Pear Salad Nuts
 Coffee

37

Sardine Canapé Beverage
 Olives Salted Nuts
 Tomato Bouillon
 Squab Spoon Bread Creamed String Beans
 Cauliflower in Butter
 Frozen Fruit Salad Coffee

154 MENUS FOR EVERY OCCASION

38

Green Turtle Soup
Oyster-Mushroom-Scallop Newburg
Shad Roe Cucumber Sweet Potato Soufflé Fresh Peas
Corn Bread Sticks
Strawberry Tarts Coffee

39

Melon Balls
Celery Olives Ox-tail Soup
Noodle Soufflé with Creamed Chicken and Sweetbreads
Baking-powder Biscuit Jelly Grilled Tomatoes
Combination Salad
Pineapple Sherbet Almond Cakes
Coffee

40

Anchovy Canapé
Cream of Tomatoes aux Croutons Soup
Fillet of Sole
Chicken Fricassée with Rice Gravy
Peas in Cream Hot Biscuit
Beet and Egg Salad
Apple Pie à la Mode
Coffee

41

Mixed Pickles Oysters on Half-shell Celery
Strained Chicken Gumbo
Shrimps and Scallops Newburg
Broiled Fillet Mignon with Fresh Mushroom Sauce
Candied Sweet Potatoes Cauliflower in Butter
Stuffed Tomato Salad
Vanilla Ice-cream with Fresh Berries
Coffee

42

Clams Celery
 Cream of Cauliflower Soup
 Fillet of Sole Tartar Sauce
 Roast Chicken with Rice Dressing Peas Corn in Cream
 Salted Nuts Frozen Fruit Salad Wafers Cheese
 Coffee

43

Cape Cod Oysters
 Cream of Chicken Soup
 Baked Red River Salmon
 Sweetbreads Glacé
 Roast Veal Carrots and Peas Scalloped Apples
 Potatoes au Gratin
 Hearts of Lettuce Thousand Island Dressing
 Chocolate Blanc-mange Vanilla Sauce
 Coffee

44

Clam Cocktail Celery
 Consommé Crackers
 Crab Meat au Gratin
 Mushrooms on Toast
 Roast Duck Gravy Apples in Cranberry Sauce
 Wild Rice Peas Grilled Tomatoes
 Endive and Grapefruit Salad
 Hot Mince Pie with Welsh Rarebit
 Coffee

156 MENUS FOR EVERY OCCASION

45

Crab and Shrimp Cocktail

Jellied Consommé

Cold Turkey-Ham-Beef-Lamb-and-Tongue-Potato-Celery-

Egg-Pickle Salad Cucumber Fingers

Assorted Wafers Iced Coffee or Chocolate

Frozen Fruit in Mayonnaise and Cheese Whip

PLATE-MENUS FOR CHURCH OR CHARITY AFFAIRS

No matter where one lives there is a church that needs to raise money. Generally speaking, the male members of every church hold the strings to the family money-bag, which the women are called upon to enveigle them into untying.

From the day that Eve tempted Adam by means of something to eat, her daughters down through the ages have been following the first woman's example and improving upon it, always keeping at least one jump ahead of the growing appetites of the sons of Adam, until to-day the wise woman knows that she must multiply the appeal of the frugal meal for which the first man fell.

Groups wanting to cause the flow of coin into empty coffers have come to realize that the surest way to accomplish it is to employ the individual woman's method and cater to the food whims of man.

Sometimes, the menu of an appetizing meal

is mailed, in advance, to church members and to church friends with a notation in the corner that the meal is free but that pledges toward a sum needed will be collected during the evening.

Recently a menu consisting of fruit cocktail, roast turkey, stuffing, sweet potatoes, mashed turnips, cranberry jelly, celery, pumpkin pie and coffee, not only paid for itself, but collected for the church which served it the sum sought, plus an additional \$1,000! Of course, the money question was not broached until every one was in that rosy mood that follows a full and satisfying dinner. And then many a person who had gone to the "free meal" with the intention of pledging little surprised even himself by becoming a liberal contributor!

One of the chief appeals of the church supper lies in the fact that it is nearly always home-cooked by women who know how to do it the way "Mother used to make them." To-day, many women who cannot contribute their "tenth" in cash, to the Lord's work, give its equivalent in time and labor—preparing and serving foods which others gladly buy for the money-raising affair.

Some up-to-date churches make a regular practise of serving a supper on the night that

most women of the community let the maid off. If it happens that really good food is served, the supper accomplishes more than the collection of money. It creates friendships among people who must work for a common cause and thus builds for greater harmony and efficiency.

The following hot plate-menus recommend themselves both to those who must cook them and to those who take advantage of the opportunity to eat them. The prices quoted as reasonable charges for them (that a profit may be made) may seem excessive in some localities and not sufficient in others. That will depend upon the prices in local markets. Obviously, in communities in which not only food is donated, but service also, the prices charged will make money for the organization which is responsible for the repast, no matter what the patron may be charged. In computing the prices given, food is reckoned on as bought at a slightly reduced price (a little higher than wholesale price) and service is considered free.

For 65c

1. Fried Fish, Tartar Sauce, Potatoes Hashed in Cream,
Vegetable Salad, Coffee, Cheese

160 MENUS FOR EVERY OCCASION

2. Veal Stew, Spinach, Boiled Potatoes, Cake, Coffee or Tea, Cream
3. Lamb Stew, Carrots and Onions, Mashed Potatoes, Coffee, Pie
4. Boiled Fish, Parsley Butter, Potatoes au Gratin, Beet Salad, Apple Tapioca, Coffee, Cream
5. Beef Stew, Spaghetti au Gratin, Scalloped Cabbage, Brown Betty, Coffee, Cream
6. Hot Roast Beef Sandwich, Peas, Boiled Potatoes, Stewed Fruit, Cake, Coffee

For \$1.00

1. Lamb Chop on Toast, Lettuce-and-Tomato Salad, Potatoes, Pineapple-and-Marshmallow Pudding, Demi-tasse
2. Fresh Pork and Sauerkraut, Potatoes, Gelatin, Coffee, Cream
3. Creamed Halibut and Mushrooms au Gratin, Carrots and Peas, Tea, Cream, Ice-cream
4. Hot Chicken Sandwich, Apple Sauce, Peas, Potatoes, Ice-cream, Demi-tasse
5. Roast Leg of Lamb, Peas, Mint Sauce, Potatoes, Glacé Apples, Demi-tasse
6. Beef Stew, Succotash, Mashed Potatoes, Banana Fritters, Fruit Sauce, Coffee or Tea, Cream
7. Creamed Fish, Potato Chips, Green Peas, Raisin Pie, Coffee, Cream

For \$1.25

1. Roast Leg of Veal, Stewed Celery, Sweet Potatoes, Ice-cream, Coffee

2. Baked Ham, Horseradish Sauce, Candied Sweet Potatoes, Spinach, Gelatin, Demi-tasse
3. Vegetable Soup in Cup, Salmon Cutlet, Creamed Potatoes, Diced Carrots, Lemon Meringue Pie, Coffee
4. Creamed Mushrooms and Chicken and Veal on Toast, Mashed Potatoes, Apple Pie, Buttermilk or Coffee
5. Braised Beef, Vegetables, Roast Potatoes, Ice-cream and Cake, Coffee

For \$1.35

1. Salisbury Steak, Stewed Tomatoes, Potatoes, Asparagus Tips, Pie, Coffee
2. Yankee Pot Roast, Brown Gravy, String Beans, Boiled Potatoes, Apple Pie, Cheese, Coffee
3. Country Sausage, Fried Apples, Boiled Cabbage, Mashed Potatoes, Coffee, Raisin Pie
4. Fried Oysters, Tartar Sauce, Cabbage Salad, Fried Potatoes, Cocoanut Bread Pudding, Cream, Coffee
5. Corned Beef and Cabbage, Boiled Potatoes, Beans, Berry Pie, Cheese, Coffee
6. Calves' Liver Sauté, Bacon, Smothered Onions, Pumpkin Pie, Coffee, Cream
7. Clam Broth in Cup, Boiled Fish, Cream Sauce, Stewed Tomatoes, Corn Fritter, Cole Slaw, Boiled Potatoes, Custard Pie, Coffee
8. Split Pea Soup in Cup, Corned Beef Hash, Poached Egg, Stewed Tomatoes, Berry Pie, Coffee

TABLE D'HÔTE MEALS

Housewives are not the only ones who are worried by that ever-recurring question, "What shall I have to-day?" Club stewards, hotel-keepers, inn-keepers, tea-room managers and others similarly situated, must puzzle over this same problem. But they have a source of inspiration—in large cities, at least—to which the homemaker does not have access. For purveyors of food to the general public can easily procure menus of their competitors, and it is customary for clubs and even others to exchange menu cards. So the former have something to guide them when they prepare their menus.

As the servant problem has driven many families to restaurant-eating, the restaurant-keepers have found it more and more profitable to list table d'hôte meals that sell for specific prices. This system appeals both to the man who hates to pick out combinations of food and to the consumer who must count the pennies.

The following menus have been given to the author by managers of leading clubs, tea-rooms

and hotels in and around New York City. They are offered as ever-ready suggestions should ideas at any time be not forthcoming.

It will be noticed that in some of these menus more food is offered than others; and, at a smaller price. Where this is the case, the type of service, the location of the eating-place, the patronage catered to, account for differences in the prices charged. Another item, also, enters into price-fixing in these menus. Some of them come from clubs established for the purpose of drawing purchasers to a land development in a suburb; some are offered at store restaurants, where it is hoped that a good meal at a low price may lure the partaker to purchase merchandise. In such cases, food is offered very cheaply.

BREAKFASTS

1

For 35c

Half Grapefruit
Coffee or Tea with Cream
Rolls or Corn Bread

2

For 35c

Orange Juice
Coffee or Tea with Cream
Buttered Toast

3

For 40c

Waffles with Syrup
Coffee with Cream

4

For 40c

Cereal with Milk
Hot Rolls
Tea or Coffee

5

For 45c

Waffles with Syrup
Bacon
Coffee with Cream

6

For 45c

Stewed Fruit
Hot Rolls
Tea or Coffee

7

For 45c

Choice of

Fruit, Cereal or Jam
Rolls, Muffins or Corn Bread
Coffee, Chocolate, Tea or
Milk

8

For 50c

Choice of

Orange or Grapefruit, or
Juice of Either
Cooked or Dry Cereal
Toast, Rolls, Muffins or
Corn Bread
Tea, Chocolate, Coffee or
Milk

TABLE D'HÔTE MEALS

165

9

For 50c

Choice of

Orange or Grapefruit, or
Juice of Either, or Stewed
Fruit, or Cereal
Griddle Cakes and Syrup, or
Eggs Any Style
Tea, Coffee, Milk or Choco-
late

10

For 60c

Eggs Any Style
Hot Rolls
Coffee or Tea with Cream

11

For 60c

Stewed Fruit
Rasher of Bacon
Hot Rolls
Coffee or Tea with Cream

12

For 60c

Cereal with Cream
Rasher of Bacon
Hot Rolls
Coffee or Tea with Cream

13

For 65c

Choice of

Orange or Grapefruit, or
Juice of Either, or Stewed
Fruit, or Cereal with Milk
Fried Cornmeal Mush and
Syrup, or Toast with
Marmalade
Rolls, Muffins, Corn Bread
or Toast
Coffee, Tea, Milk, Choco-
late or Cocoa

14

For 65c

Stewed or Fresh Fruit
Cereal with Milk
Hot Rolls
Tea or Coffee

15

For 70c

Stewed or Fresh Fruit
Two Boiled Eggs
Hot Rolls
Tea or Coffee

16

For 70c

Cereal with Milk
Two Boiled Eggs
Hot Rolls
Tea or Coffee

166 MENUS FOR EVERY OCCASION

17

For 75c

Choice of

Orange or Grapefruit, Juice
of Either, Jelly, Baked
Apple, or Stewed Fruit
Griddle Cakes with Sau-
sage, Waffles with Sau-
sage, Scrambled Eggs with
Tomatoes, Ham and Eggs,
Bacon and Eggs, or Ome-
let
Rolls, Toast, Muffins, or
Corn Bread
Tea, Coffee, Milk or Cocoa

18

For 75c

Stewed or Fresh Fruit
Rasher of Bacon and Fried
Egg
Hot Rolls
Tea or Coffee

19

For 75c

Cereal with Milk
Codfish Cake
Hot Rolls
Coffee or Tea

20

For 95c

Stewed or Fresh Fruit
Ham or Bacon and Eggs
Hot Rolls
Coffee, Tea or Chocolate

21

For 95c

Cereal with Milk
Ham or Bacon and Eggs
Hot Rolls
Tea or Coffee

LUNCHEONS

For 55c

Choice of

1. Cream of Celery Soup with Croutons or Consommé
Tapioca

Italian Spaghetti, Spaghetti with Butter and Cheese,
Egg and Mayonnaise Sandwich, Sardine and Boiled
Ham Sandwich, Swiss Cheese Sandwich, Lettuce and
Tomato Sandwich with Mayonnaise, or Fried Egg
Sandwich

Bread and Butter Pudding, Cup Custard, Rice Pud-
ding, Fruit Jello, French or Danish Pastry, Stewed
Prunes, Apple, Cherry or Cocanut Custard Pie,
Pumpkin Pie, Preserved Figs or Preserved Peaches,
English Plum Pudding with Hard Sauce, Hot Mince
Pie, or Raisin or Pound Cake

Coffee, Tea or Milk

For 55c

Choice of

2. Vegetable Soup, Clam Chowder, Consommé, or
Noodle Soup

Shrimp Chop Suey, Pork Chow Mein, Veal Chop and
Green Pepper Chop Suey, Chicken Chow Mein,
Fried Rice and Meat, Chicken Omelet, Shrimp Chow
Mein, Roast Ribs of Beef, Broiled Halibut, Roast
Spring Lamb, Roast Milk-fed Chicken with Dress-

168 MENUS FOR EVERY OCCASION

ing, Individual Planked Steak, Roast Fresh Ham,
Roast Duck, Vegetable Salad, Shrimp Salad, Salmon
Salad or Fruit Salad

Vegetable in Season and Potatoes

Chocolate, Vanilla, Strawberry or Pineapple Ice-cream,
or Pineapple, Raisin or Apple Pie

Tea, Coffee or Milk

For 50c

Choice of

3. Baked Macaroni with Chipped Beef
Creamed Ham on Toast
Tunafish Sandwich, Potato Salad
Hungarian Goulash
Pudding, Layer Cake, Pie or Ice-cream
Tea, Coffee or Milk

For 50c

Choice of

4. Mutton Broth with Barley or Purée of Beans
Macaroni au Gratin
Creamed Eggs on Toast
Sardine and Potato Salad
Baked Apple, Cake or Ice-cream
Tea or Coffee

For 60c

Choice of

5. Cream of Lettuce Soup or Consommé
Creamed Codfish and Sliced Potatoes au Gratin
Fried Home-made Scrapple, Tomato Sauce and Mashed
Potatoes
Cream Puff or Vanilla Ice-cream with Cake
Coffee, Tea or Buttermilk

For 60c

Choice of

6. Old-fashioned Navy Bean Soup or Consommé
Steamed Finnan Haddie, Drawn Butter, String Beans,
Potatoes
Chicken Livers Sauté with Scrambled Eggs
Browned Lamb Fricassée with Vegetables
Beef à la Mode with Noodles
Cocoanut Custard Pudding, Stewed Prunes, Preserved
Peaches or Ice-cream and Cake
Tea, Coffee, Cocoa or Milk

For 65c

Choice of

7. Chicken Livers Sauté on Toast
Curry of Lamb with Rice
Escalloped Fish
Cake, Cinnamon Toast or Ice-cream
Tea or Coffee

For 65c

Choice of

8. Fillet of Bismarck Herring, Sliced Wiener or Grape-
fruit Cocktail
Cream of Lettuce, Consommé or Noodle Soup
Baked Flounder, Parsley Sauce, Lima Beans and Po-
tatoes
Boiled Codfish, Drawn Butter, Spaghetti and Potatoes
Broiled Spanish Mackerel, Meunière Sauce, String
Beans, Potatoes

170 MENUS FOR EVERY OCCASION

Weakfish, Maître d'Hôtel Sauce, Vegetables and Potatoes

Fried Fillet of Sole, Tartar Sauce, Potatoes

Oyster Fry, Cole-slaw, French Fried Potatoes

Fried Scallops, Bacon, Tartar Sauce, Potatoes

Spring Lamb Stew Family Style, Potatoes

Potted Hip Steak en Casserole with Potatoes

Lamb Chop, Apple Fritter, French Fried Potatoes

Baked Sausages with Onions and Potatoes

Cavies' Liver, Bacon, Mashed Potatoes

Hamburger Roast, Mushroom Gravy, String Beans, Potatoes

Chicken Cutlet, Cream Sauce, Peas, Potatoes

Roast Loin of Pork, Sauerkraut, Potatoes

Roast Ribs of Beef, Green Peas

Stewed Figs, Prunes or Apricots, French Pancake with Jelly, Danish Pastry, Baked Apple, Fruit Salad, Jelly Roll, Rice Pudding, Cabinet Pudding with Maple Fruit Sauce, Fruit Jello, Pie, Cookies, French Pastry or Assorted Ice-creams

Coffee, Tea, Milk, Iced Coffee or Iced Tea

For 65c

Choice of

9. Ox-tail Soup, Vegetable Soup or Chicken Bouillon

Fried Fillet of Flounder, Potato Chips

Scrambled Eggs with Virginia Ham

Capon Cutlet, Creamed Fresh Spinach

New England Boiled Dinner

Roast Leg of Mutton, Currant Jelly

Carrots in Butter or Red Kidney Beans

Mashed or Hashed Brown Potatoes

Chocolate Cream Pie or Ice-cream

Sweet Cider, Coffee, Tea or Milk

For 75c

Choice of

10. Ox-tail Soup or Clam Chowder
Poached Egg
Broiled Flounder, Parsley Potatoes
Roast Mutton with Lentils
Corned Beef Hash
Spinach, Creamed Carrots or Peas
Pie, Cake or Ice-cream
Coffee, Tea or Milk

For 75c

Choice of

11. Chicken Okra Creole with Rice or Consommé
Broiled Spanish Mackerel, Maître d'Hôtel
Broiled Boston Scrod, Butter Sauce
Fried Fillet of Sole, Tartar Sauce
Ragoût of Spring Lamb, Fresh Vegetables
Hamburger Steak, Smothered Onions
Fricandeau of Veal, Fresh Creamed Spinach
Home-made Ravioli with Meat Sauce
Broiled Fresh Mushrooms on Toast
Omelet with Jelly
French Peas in Butter or Boiled or Mashed Potatoes
Caramel Custard Pudding, Rice Pudding, Fruit Jello,
Stewed Prunes, Preserved Peaches, Figs or Apricots,
Cup Custard, Hot Mince Pie, Apple, Cherry, Cocoa-
nut, Custard or Pumpkin Pie, Raisin or Pound Cake,
English Plum Pudding with Hard Sauce or French
or Danish Pastry
Coffee, Tea or Milk

172 MENUS FOR EVERY OCCASION

For 75c

Choice of

12. Broiled Boston Scrod, String Beans and Potatoes
Imported Frankfurters with Sauerkraut and Potatoes
Fresh Calves' Tongue, Sauce Piquante, Peas, Potatoes
French Pastry, Cherry or Apple Pie, Cocoanut Custard
Pudding, Chocolate Ice-cream or Preserved Straw-
berries and Cake
Hot or Iced Coffee, Tea, Cocoa or Milk

For 75c

Choice of

13. Cream of Cauliflower, Clam Chowder or Consommé
Assorted Hors-d'œuvres or Grapefruit
Fillet of Sole
Hungarian Goulash with Noodles
Pigs' Knuckles with Sauerkraut
Chicken Livers on Toast with Mushrooms
Salisbury Steak, Smothered Onions
Veal Cutlet with Spaghetti
Succotash, Green Peas or Boiled or Mashed Potatoes
Ice-cream, Fruit Jelly or Baked Apple
Coffee, Tea or Milk

For 75c

Choice of

14. Lentil Soup with Frankfurters or Consommé with
Noodles
Fried Shrimps, Parsley Sauce
Baked Fresh Mackerel, Spanish Sauce

Fried Flounder, Tomato Sauce
Creamed Halibut au Gratin
Broiled Flank Steak
Beef Stew with Vegetables
Boiled Ham and Spinach
Broiled Chopped Steak, Fried Onions and Potatoes
Spanish Omelet
Vegetable Dinner with Poached Egg
Roast Fresh Ham, Apple Sauce
Boiled or French Fried Potatoes or String Beans
Eclair, Pie or Ice-cream
Tea, Coffee or Milk

For 85c

Choice of

15. Purée of Kidney Beans or Vegetable Soup
Fried Codfish Cakes, Tomato Sauce
Beef Goulash, Hungarian Style
Omelet, Imported Salami, Pancake Style
Roast Leg of Mutton
Mashed or Boiled Potatoes
Salad in Season
Tea or Coffee
Apple Pie, Chocolate Eclair or Lemon Water-ice

For 90c

Choice of

16. Individual Sea Trout, Buttered Beets, Potatoes
Roast Duckling, Apple Sauce, Fried Sweet Potatoes
Creamed Sweetbread Patty with Asparagus Tips
Beef à la Mode, Carrots, Peas, Mashed Potatoes
French Pastry, Cherry or Prune Pie, Baked Custard,
Fruit, Ice-cream or Cake
Tea, Coffee, Milk or Cocoa

174 MENUS FOR EVERY OCCASION

For 90c

17. Peas and Tomatoes, Mongol or boiled Fresh Cod,
Maître d'Hôtel
New England Dinner or Country Sausages
Carrots in Butter or Creamed Romaine
Salad in Season
Pie or Floating Island
Tea, Coffee or Milk

For \$1.00

18. Fruit Cocktail
Cream of Peas

Choice of

Poached Egg, Florentine
Broiled Sea Bass, Grilled Sweet Potatoes, Calves' Liver
and Bacon
Hearts of Romaine Salad
French Pastry
Tea, Coffee or Milk

For \$1.00

Choice of

19. Cream of Chicken à la Reine or Consommé Julienne
Fried Scallops and Bacon
Broiled Spanish Mackerel
Roast Ribs of Beef
Chicken Fricassée, Family Style
Breaded Veal Cutlet, Tomato Sauce
Virginia Ham Omelet
Beef à la Mode, Jardinière

Spaghetti, Italian Style

Dried Lima Beans and Boiled or Mashed Potatoes

Salad in Season

Home-made Pie, Chocolate Ice-cream and Cake or

Blanc-mange

Coffee or Tea

DINNERS

I

For 75c

Scotch Broth

Vegetable Plate (Mashed Potatoes, Stewed Corn, Fresh
String Beans, Savory Beets)

Sliced Tomatoes

Ginger Ice-cream, Layer Cake, Coffee Soufflé or Cocoanut

Custard Pie

Tea or Coffee

2

For 85c

Fruit Cocktail

Vermicelli Soup

Roast Ribs of Beef, Chicken à la King or Breaded Veal

Chops with Red Currant Jelly

Salad in Season

Pineapple Pie, Ice-cream or Apple Tapioca

Tea or Coffee

3

For 90c

Scotch Broth

Roast Lamb, Swiss Steak or Boiled Cod, Egg Sauce

Mashed Potatoes

Stewed Corn or Fresh String Beans

Sliced Tomatoes

Layer Cake, Chocolate Ice-cream, Custard Pie or

Apple Snow

Coffee

4

For 65c

Consommé Vermicelli or Purée Mongol

Fried Oysters with Potato Salad, Baked Macaroni with

Chopped Ham, Creamed Chipped Beef on Toast,

or Irish Stew

Tapioca Pudding, Layer Cake, Raisin Pie or Ice-cream

Coffee, Tea or Milk

5

For 95c

A B C Consommé or Vegetable Soup

Fillet of Haddock with Drawn Butter, Calves' Liver and

Bacon, Pork Chops, or Roast Leg of Veal

Candied Sweet Potatoes or Stewed Celery in Butter

Chiffonade Salad, French Dressing

Prune Pudding, Layer Cake, Squash Pie or Ice-cream

Coffee, Tea or Milk

178 MENUS FOR EVERY OCCASION

6

For \$1.00

Purée of Lima Beans
Corned Beef with Cabbage or Roast Fresh Ham with
Apple Sauce
Yellow Turnips String Beans Boiled Potatoes
Lettuce, French Dressing
Vanilla Ice-cream, Rice Pudding, Home-made Pie or
Stewed Prunes
Demi-tasse

7

For \$1.00

Consommé Princesse or Potato Soup
Roast Fresh Pork with Glazed Apples or Roast Beef au Jus
Mashed Potatoes String Beans
Beet Salad
Boston Cream Pie, Ice-cream, or Crackers and Cheese
Tea, Coffee or Milk

8

For \$1.00

Black Bean Soup or Consommé
Roast Loin of Pork with Fried Apples, Chicken en Casserole
or Fillet of Haddock with Tartar Sauce
Creamed Parsnips String Beans
Cabbage and Pineapple Salad
Fruit Jelly, Old-fashioned Rice Pudding or Ice-cream
Tea or Coffee

9

For \$1.00

Cream of Tomatoes

Fish in Season

Roast Duckling or Roast Lamb

Stewed Tomatoes or Spaghetti

Mashed Potatoes

Salad in Season

Pie or Ice-cream

Tea, Coffee or Milk

10

For \$1.00

Consommé or English Mutton Broth

Broiled Sirloin Steak with Fresh Mushrooms,

Roast Fresh Ham with Apple Sauce,

or Fresh Vegetable Dinner with Poached Egg

French Fried Potatoes Fresh Vegetables

Romaine Salad

Boston Cream Pie, Ice-cream, or Crackers and Cheese

Tea, Coffee or Milk

11

For \$1.00

Consommé Julienne or Clam Bisque

Crab Flakes à la Newburg or Chicken Fricassée

Browned Potatoes Buttered Onions

Mexican Salad

Prune Whip, Ice-cream or Crackers and Cheese

Coffee, Tea or Milk

180 MENUS FOR EVERY OCCASION

12

For \$1.00

Purée Mongol

Roast Leg of Lamb with Mint Sauce, Veal Cutlet with
Spaghetti Caruso, Broiled Fresh Mushrooms on Toast,
or Fried Scallops with Tartar Sauce

Potatoes au Gratin Nub Celery Sauté

Lettuce Salad, French Dressing

Hot Mince Pie, Cocoanut Layer Cake or Ice-cream
and Cake

Tea, Coffee or Milk

13

For \$1.00

Tapioca Soup

Scalloped Veal, Roast Chicken with Dressing, Broiled Fresh
Mushrooms on Toast, or Broiled Fresh Mackerel

Plain Fresh Spinach Fried Sweet Potatoes

French Endive, French Dressing

Hot Mince Pie, Chocolate Pudding, or Ice-cream and Cake
Coffee, Tea or Milk

14

For \$1.00

Purée Bretonne

Ribs of Beef au Jus, Broiled Lamb Kidneys with Mushrooms,
Fillet of Sole with Tartar Sauce, or Vegetable Dinner

Potatoes au Gratin Peas in Butter

Cole-slaw Salad, Mayonnaise

Apple Pie, Bread Pudding, Chocolate Ice-cream, or Cake
Coffee, Tea or Milk

15

For \$1.00

Fruit Cocktail

Vermicelli Soup

Porterhouse Steak, Lamb Chop Sauté, or Broiled Chicken
with Waffles and Maple Syrup

Scalloped Eggplant or Mashed Yellow Turnips

Lettuce Salad

Pineapple Pie, Banana Layer Cake, Apple Tapioca with
Cream, Norwegian Prune Pudding or Lemon Ice-cream

Tea or Coffee

16

For \$1.00

Blue Points on Half-shell

Consommé or Cream of Peas

Choice of

Medallion of Sea Bass, Potatoes

Sirloin Steak Minute, Smothered Onions

Roast Stuffed Milk-fed Chicken, Apple Sauce

Omelette aux Fines Herbes

Grilled Mutton Chop, Bacon

Baked Tomato, Mixed Fresh Vegetables, Potatoes

Almond Sponge Cake or Ice-cream

Tea, Coffee or Milk

17

For \$1.00

Fresh Fruit Cocktail

Cream of Tomatoes or Consommé

Choice of

Poached Fillet of Sea Trout, Marguery, Potatoes

Minute Steak, Marrow

Braised Saddle of Lamb, Vegetables

Roast Loin of Pork, Orange Marmalade

Roast Stuffed Milk-fed Chicken, Giblet Sauce

Green Apple Fritters with Rum Sauce, Creamed Carrots,

Green Peas or Fresh Spinach

Mashed or Baked Potatoes or Sweet Potatoes

Lettuce Salad and Tomato Slices, French Dressing

Pumpkin Pie, Mince Pie or Ice-cream

Sweet Cider, Coffee, Milk, Tea or Buttermilk

18

For \$1.00

Caviar on Toast

Consommé or Cream of Chicken, Reine

Choice of

Boiled Halibut, Egg Sauce

Fried Chicken, Waffles

Braised Sweetbreads

Roast Ribs of Prime Beef au Jus

Asparagus with Cream Sauce or Steamed Rice

Mashed or Boiled Potatoes

Endive Salad

Diplomatic Pudding, Blueberry Pie, Preserved Pears,

Lemon Sherbet, or Ice-cream and Cakes

Coffee, Milk or Iced Tea

19

For \$1.00

Mixed Sweet Pickles Olives

Anchovy, Wiener, Orange Cocktail or Oyster Cocktail

Cream of Lettuce, Consommé or Noodle Soup

Choice of

Baked Flounder, Parsley Sauce, Lima Beans and Potatoes

Broiled Spanish Mackerel, String Beans, Potatoes

Boiled Codfish, Drawn Butter, Spaghetti, Potatoes

Weakfish, Maître d'Hôtel, Vegetables, Potatoes

Fried Scallops, Bacon, Tartar Sauce, Potatoes

Lamb Chop, Apple Sauce, French Fried Potatoes

Lamb Stew

Roast Sirloin of Beef, String Beans, Potatoes

Boiled Young Fowl with Rice and Potatoes

Hamburger Roast, Mushroom Sauce, Rice

Salad in Season

Pumpkin, Apple or Mince Pie, Chocolate Roll, Baked Apple,

Fruit Jello, Home-made Cookies, Chocolate Layer Cake,

Half Grapefruit, Seven Layer Cake, Cheese Cake,

or Ice-cream

Tea, Coffee or Milk

20

For \$1.25

Grapefruit or Fresh Shrimps

Gumbo Creole or Potato Soup

Fillet of Sole, Lamb Steak, Sweetbreads and Fresh

Mushrooms in Cream, or Cold Prime Ribs of Beef

Grilled Sweet Potatoes New Spinach

Hearts of Lettuce, Roquefort Cheese Dressing

Meringue Glacé, Apple Pie, French Pastry, or Crème de

Menthe Punch

Coffee, Tea or Milk

21

For \$1.25

Celery Olives Salted Almonds
 Scalloped Shrimps à la Newburg
 Cream of Cauliflower
 Half Roast Stuffed Chicken or Fillet of Beef
 Fried Sweet Potatoes Brussels Sprouts Sauté
 Egg and Onion Salad
 Home-made Apple Pie, Cocoanut Pie, Chocolate Layer Cake,
 or Vanilla, Chocolate or Strawberry Ice-cream
 Coffee, Tea or Milk

22

For \$1.25

Iced Cantaloup
 Chicken Okra, Creole
 Baked Lemon Sole, Italienne
 Roast Leg of Lamb with Mint Sauce, Chicken Fricassée,
 or Cold Boiled Ham with Potato Salad
 Mashed Potatoes Creamed Fresh Spinach
 Hearts of Lettuce, Russian Dressing
 Chocolate Pudding with Sauce or Ice-cream and Cake
 Demi-tasse

23

For \$1.25

Iced California Melon

Potage à la Reine

Butter Fish Sauté, Meunière

Roast Prime Ribs of Beef au Jus, Roast Stuffed Spring

Chicken with Cress, or Assorted Cold Cuts with

Potato Salad

Parsley Potatoes, Corn on Cob

Asparagus-tip Salad, Mayonnaise Dressing

Caramel Custard or Ice-cream and Cake

Demi-tasse

24

For \$1.25

Olives Grapefruit Sweet Pickles

Cream of Asparagus

Broiled Weakfish

Roast Celery-fed Duckling with Apple Sauce, or Roast

Prime Ribs of Beef with Dish Gravy

Mashed Potatoes String Beans

Lettuce and Tomato Salad, French Dressing

Apple Pie, Pineapple Pie, or Ice-cream and Cake

Demi-tasse

25

For \$1.25

Casaba Melon

Tapioca Soup

Boiled Salmon, Hollandaise Sauce

Half Broiled Spring Chicken au Cresson, Roast Prime Ribs
of Beef au Jus, or Assorted Cold Cuts with
Vegetable Salad

Candied Sweet Potatoes Wax Beans

Hearts of Lettuce, Russian Dressing

Cocoanut Custard Pie or Ice-cream and Cake

Demi-tasse

26

For \$1.25

California Melon

Strained Chicken Okra

Fried Fillet of Sole, Tartar Sauce

Roast Leg of Spring Lamb with Mint Sauce, Cold Roast
Beef with Potato Salad, or Roast Long Island Duckling
with Apple Sauce

Mashed Potatoes Corn on Cob

Lettuce and Tomato Salad, French Dressing

Blanc-mange Pudding or Ice-cream and Cake

Coffee, Tea or Milk

27

For \$1.25

English Beef Broth with Barley
Stuffed Deviled Crab or Sirloin Steak
with Fresh Mushrooms
Potatoes String Beans
Chocolate Eclair or Ice-cream
Coffee, Tea or Milk

28

For \$1.25

Consommé Vermicelli
Sugar-cured Ham with Raisin Sauce, or Noisette of Lamb
Jardinière
Potatoes Boiled Onions in Cream
Pie, Ice-Cream or Caramel Cup Custard
Tea, Coffee or Milk

29

For \$1.25

Fruit Cocktail
Chicken Gumbo Creole
Fillet of Flounder, Sauté Meunière
Imported South American Quail on Toast, Steak à la Minute
or Rack of Lamb with Mint Sauce
Potatoes O'Brien Cauliflower with Butter Sauce
Hearts of Lettuce, Thousand Island Dressing
Cocoanut Custard Pie, Apple Pie à la Mode or Chocolate,
Vanilla or Neapolitan Ice-cream
Demi-tasse

188 MENUS FOR EVERY OCCASION

30

For \$1.25

Half Grapefruit

Cream of Corn

Scallops and Shrimps à la Newburg

Breast of Chicken à la Maryland, Broiled Sweetbreads

Princesse, or Roast Loin of Pork with Apple Sauce

Potato Croquettes Spinach

Hearts of Romaine, French Dressing

Cup Custard, Apple Pie à la Mode, Hot Mince Pie or

Vanilla, Chocolate or Strawberry Ice-cream

Coffee, Tea or Milk

31

For \$1.25

Hors-d'œuvres Oriental

Vegetable Soup

Young Boston Scrod, Sauté Meunière

Small Sirloin Steak à la Minute or Rack Baby Lamb with

Mint Sauce

Fresh Macédoines Mashed Potatoes

Escarolle Salad, French Dressing

Berry Pie, Apple Pie, Chocolate Pie or Ice-cream and Cake

Coffee, Tea or Milk

32

For \$1.25

Half Grapefruit

Cream of Spinach Soup

Boiled Fish with Mushroom Sauce

Fillet Mignon with Mushroom Sauce, or Half Roast Stuffed

Spring Chicken

Spinach Potatoes au Gratin

Beet-Onion-and-Egg Salad

Cocoanut Layer Cake, Strawberry or Vanilla Ice-cream,

Chocolate Layer Cake or Apple Pie

Demi-tasse

33

For \$1.25

Italian Antipasto

Paysanne Soup

Fillet of Sole, Lemon Sauce

Roast Stuffed Duck with Apple Sauce, or Roast Ribs of

Beef with Horseradish Sauce

Creamed Cauliflower Roast Potatoes

Belgian Endive, Russian Dressing

Home-made Apple Pie, Home-made Cherry Pie or Ice-cream

Demi-tasse

190 MENUS FOR EVERY OCCASION

34

For \$1.35

Assorted Hors-d'œuvres
Celery Olives Thick Soup
Spaghetti Italienne
Cold Cuts
Broiled Spring Chicken on Toast Potatoes
Lettuce and French Dressing
Peach Mousse
Demi-tasse

35

For \$1.50

Olives Watermelon Cocktail Pickles
Purée of Tomato Soup, or Hot or Cold Consommé
Stuffed Tomato
Roast Chicken with Currant Jelly, or Fricandeau of Veal
Corn on Cob Château Potatoes
Asparagus Salad
Stewed Prunes, Cherry Jelly, Rice Pudding, Apple Tart,
Orange Ice or Ice-cream
Demi-tasse

36

For \$1.50

Celery Olives Pickles

Clams Oysters Shrimp or Fruit Cocktail

Lentil Soup with Frankfurters or A B C Consommé

Fried Shrimps with Sauce Cardinal, or Creamed Halibut
au Gratin

Roast Fresh Ham with Apple Sauce

Leg of Mutton, Venison Style, Roast Ribs of Beef,
or Roast Chicken CompotePan Roast Potatoes Creamed Onions Green Peas
Salad in SeasonAssorted French or Danish Pastry, Home-made Ice-cream
or Gruyère Cheese
Demi-tasse

37

For \$1.50

Vegetable Soup

Broiled Fresh Mackerel, Butter Sauce

Ribs of Beef au Jus, Country Sausage, Gastrone

Half Broiled Spring Chicken on Toast or

Broiled Fresh Mushrooms on Toast

Mashed Potatoes String Beans in Butter

Fresh Vegetable Salad

Home-made Apple Pie, Cocoanut Pudding or Ice-cream
and Cake

Coffee, Tea or Milk

For \$1.50

Little Neck Clam Cocktail, Fruit Cocktail, Shrimp Cocktail,
 Caviar Canapé or Herring Marinière
 Radishes, Mixed Pickles or Chow Chow
 Chicken Mulligatawny, Cream of Tomatoes or Consommé
 with Noodles
 Baked Sea Trout Creole or Broiled Halibut with
 Lemon Butter

Choice of

Hungarian Beef Goulash, Home-made Noodles
 Roast Ribs of Beef
 Ham Steak, Candied Sweet Potatoes
 Chicken Sauté au Paprika with Rice
 Roast Stuffed Long Island Duckling, Apple Sauce
 Carrots and Peas, Succotash, Spaghetti Italienne, or
 Mashed, Boiled or Baked Potatoes
 Hearts of Lettuce
 Cottage Pudding, Apple Meringue Cake, Ice-cream,
 Chocolate Pie, or Camembert, Cream or American
 Cheese with Toasted Crackers
 Coffee, Tea or Milk

39

For \$1.50

Grapefruit Melba
Cream of Cauliflower or Consommé

Choice of

Fillet of Sole
Pigs' Knuckles with Sauerkraut
Sugar-cured Ham
Chicken à la King en Casserole
Roast Ribs of Beef
Half Broiled Spring Chicken on Toast
Roast Chicken with Dressing and Apple Sauce
Mashed or French Fried Potatoes Succotash or Green Peas
Salad in Season
Ice-cream, Apple Pie or Rice Pudding
Demi-tasse

40

For \$1.50

Celery Olives
Blue Point Oysters or Shrimp Cocktail
Clam Chowder or Consommé
Broiled Smelts
Half Broiled Spring Chicken with Salad, Yankee Pot Roast,
or Roast Long Island Duckling with Apple Sauce
Vegetables Baked Potatoes
Home-made Cake or French Ice-cream
Demi-tasse

41

For \$1.50

Celery

Chicken or Cream of Oyster Soup

Roast Turkey with Dressing and Giblet Gravy,
Cranberry Sauce

Boiled Onions in Butter Sauce Mashed Turnips

Mashed or Candied Sweet Potatoes

Mince, Pumpkin or Raisin Pie with Cheese, or Ice-cream
and Cake

Tea, Coffee or Milk

42

For \$2.00

Oyster Cocktail

Crisp Celery Queen Olives Salted Almonds

Cream of Asparagus

Fillet of Sole

Choice of

Young Vermont Turkey, Chestnut Dressing and Cranberry
Sauce

Roast Young Suckling Pig, Apple Sauce, Candied Sweet
Potatoes

Cauliflower au Gratin

Asparagus-tip Salad, Mayonnaise

Home-made Pumpkin Pie, Green Apple Pie, Hot Mince
Pie, Cocoanut Cake or Strawberry, Vanilla or
Chocolate Ice-cream

Demi-tasse

43

For \$2.00

Canapé Caviar
Crisp Celery Stuffed Olives Salted Nuts
Chicken Gumbo, Creole
Poached Halibut, Hollandaise Sauce

Choice of

Roast Turkey with Dressing and Cranberry Sauce, Braised
Sweet Breads, or Roast Young Suckling Pig with
Apple Sauce
Sweet Potatoes Maryland Boiled Onions in Cream
Belgian Endive, Russian Dressing
English Plum Pudding with Brandy Sauce, Hot Mince Pie,
Green Apple Pie à la Mode, or Strawberry, Chocolate
or Neapolitan Ice-cream
Assorted Fruits and Nuts
Demi-tasse

44

For \$2.00

Cream of Spinach, Bouillon, or Iced Consommé
Fried Chicken, Roast Lamb, Cold Baked Ham, or Fillet
of Sole
Corn on Cob or Peas Creamed New Potatoes
or Mashed Potatoes
Heart of Lettuce Salad
Waffles, Fresh Cherry Pie, Huckleberry Roll,
Fig Layer Cake, or Ice-cream
Demi-tasse, Iced Tea, or Iced Coffee

MENUS FOR EVERY OCCASION

45

For \$2.00

Stuffed Celery Fruit Cocktail Olives

Black Bean Soup

Roast Piglets or Roast Chicken

Peas New Beets Mashed Potatoes

Endive Salad

Pumpkin Pie, Mince Pie, or Ice-cream Assorted Nuts

Demi-tasse

46

For \$2.00

Fruit Cocktail, Shrimp Cocktail, Blue Point Oysters,
or Little Neck Clams

Celery Olives

Cream of Chicken à la Reine or Consommé Julienne

Fried Fillet of Sole, Ravigote, Rissolée Potatoes

Choice of

Roast Prime Ribs of Beef au Jus

Chicken Fricassée, Family Style

Broiled Sweetbreads, or Virginia Ham with Mushrooms

Calf's Liver and Bacon

Lamb Steak, Peas, French Fried Potatoes

Green Peas Boiled or Mashed Potatoes

Salad in Season

Chocolate Pudding with Vanilla Sauce, Pie, Ice-cream, or French Pastry

Coffee

TABLE D'HÔTE MEALS

197

47

For \$2.00

Cream of Onion au Gratin Consommé
Roast Duck, Fried Scallops, Sirloin Steak, or Lamb Stew
with Dumplings
Hearts of Lettuce, Russian Dressing
Lemon Layer Cake, Pumpkin Pie, Apricot Cream Pie,
Waffles, Steamed Cherry Pudding, Banana Bavarian,
or Ice-cream
Demi-tasse

48

For \$2.25

Celery Olives Salted Almonds
Cream of Fresh Mushrooms, or Consommé en Tasse
Fillet of Sole, Tartar Sauce
Roast Chicken, or Loin of Pork with Apple Sauce
French Peas and Mashed or Boiled Potatoes
Fruit and Romaine Salad
Home-made Pie, or Ice-cream and Cake
Demi-tasse

198 MENUS FOR EVERY OCCASION

49

For \$2.00

Celery Salted Almonds Olives Fruit Cocktail
Chicken Gumbo, Creole or Consommé Royal
Sea Food à la Newburg
Sweetbreads Glacé aux Champignons
Broiled Milk-fed Spring Chicken au Cresson, or Roast Prime
Ribs of Beef au Jus
Asparagus au Beurre, or Cauliflower with Cream Sauce
Glacé Sweet Potatoes, or Boiled Potatoes
Hearts of Lettuce, Thousand Island Dressing
Chocolate Cream Pie, Biscuit Tortoni, Petits Fours, Fresh
Stewed Pears, Caramel Custard, Cherry Pie, Preserved
Fresh Prunes, or Cheese and Crackers
Coffee, Tea or Milk

50

For \$2.25

Crab Meat Cocktail, or Little Neck Clams on Half Shell
Celery Olives
Clam Chowder, or Consommé Julienne
Baked Fresh Mackerel, Creole
Prime Ribs of Beef au Jus, or Young Capon with
Giblet Sauce
String Beans and Mashed Potatoes
Lettuce-and-Tomato Salad
Raisin Cake, or Neapolitan Ice-cream
Coffee

TABLE D'HÔTE MEALS

199

51

For \$3.00

Half Grapefruit or Blue Point Cocktail
 Celery Salted Almonds Olives
 Chicken Gumbo or Chicken Consommé en Tasse
 Boiled Halibut, Lobster Sauce
 Fillet Mignon, Jardinière, or Half Squab Chicken,
 Southern Style
 French Peas Mashed, Boiled or Fried Sweet Potatoes
 French Endive, Russian Dressing
 Biscuit Tortoni with Cake or Home-made Pie
 Demi-tasse

52

For \$5.00

Fruit Cocktail

Celery Olives Turtle Soup Salted Almonds Rolls
 Boiled Fish, Cream Sauce Cereal Fritter
 Thick-boned Lamb Chop Creamed Spinach
 Breast of Chicken Gravy Potato Balls
 Romaine-Lettuce-and-Escarolle Salad, French Dressing
 Ice-cream Covered with Preserved Figs Little Cakes
 Coffee

For \$2.00

Assorted Hors-d'œuvres or Casaba Melon
Split Pea Soup or Chicken Broth with Vegetables

Choice of

Broiled Codfish, Lemon Butter
Baby Flounder, Meunière
Lamb Stew with Fresh Vegetables
Browned Corned Beef Hash, Spaghetti
Tuna Fish Salad, Mayonnaise
Boston Baked Beans, Fried Ham
Oyster Bay Asparagus, Butter Sauce

Choice of

Chicken Patty
Broiled Chicken
Roast Beef
Braised Beef à la Mode
Civet of Rabbit Sauté à la Parisienne
Broiled Pork Chop, Apple Sauce
Calf's Liver and Bacon
Omelet and Fresh Tomatoes
Shrimps Sauté Creole
Broiled Fresh Mushrooms on Toast
Cold Ham, Potato Salad
 Brussels Sprouts Potatoes
 Cabbage Salad
Mince Pie, Chocolate Leaves, Petits Fours, Apple Pie,
 French Pastry, Vanilla or Chocolate Ice-cream
 or Camembert Cheese
 Demi-tasse

TEAS

I

For 30c

Scotch Scones or Nut Bread. Currant or Guava Jelly
Tea, Coffee or Milk

2

For 30c

Whole Figs in Syrup
Cinnamon Toast
Tea, Coffee or Chocolate

3

For 35c

Iced or Hot Milk, Tea, Cocoa or Coffee
Ham, Tongue or Cheese Sandwich
Chocolate or Vanilla Ice-cream, or Cake

4

For 40c

Gluten Bread Toast Sandwich with Raspberry Jam
Special Layer Cake
Tea, Coffee or Milk

5

For 40c

Hot Tea Cake or English Toasted Muffin
Orange Marmalade, Guava Jelly or Honey
Tea, Coffee or Milk

6

For 45c

Southern Waffles, Honey or Maple Syrup
Tea, Coffee or Chocolate

7

For 50c

Tomato Bisque, Whipped Cream
Nut Bread Sandwich
Tea, Coffee or Chocolate

8

For 50c

Waffles with Maple Syrup or
Toasted English Muffins and Cheese
Tea or Coffee

9

For 50c

Cheese and Dates on Nut Bread
Tea or Coffee

10

For 60c

Vegetable Soup or Consommé
Anchovy Fillet Salad Vinaigrette or
Frizzled Beef in Cream
French Fried Potatoes
Cream Puff, or Vanilla Ice-cream with Cake
Tea, Coffee or Buttermilk

11

For 60c

Corn Fritters, Maple Syrup
Bread and Butter Sandwich
Chocolate Cup Cake
Tea, Chocolate or Coffee

12

For 60c

Olive and Egg Sandwich
Toasted Peanut Butter and Orange Marmalade Sandwich
Ice-cream and Cake
Pot of Tea, Coffee or Chocolate

13

For 65c

Iced Celery
Waldorf Salad
Bread and Butter Sandwiches
Pineapple Sundae
Tea, Coffee or Chocolate

14

For 75c

Shrimp Patty
Bread and Butter Sandwich
Hot Waffles, Maple Syrup
Pot of Coffee, Tea or Chocolate

15

For 75c

Creamed Chicken in Ramekin
Buttered Toast
Chocolate Nut Sundae
Tea, Coffee or Chocolate

16

For 75c

Creamed Egg and Green Peppers au Gratin, or
Tuna Fish Salad
Tea Biscuits
Caramel Ice-cream with Cake
Tea, Coffee or Milk

17

For 75c

Egg and Celery Salad
Hot Chocolate
Cookies

TABLE D'HÔTE MEALS

205

18

For 75c

Chicken and Vegetable Salad on Toast
Raisin Cake
Coffee or Tea

19

For 85c

Nut Bread with Cream Cheese and Pineapple
Layer Cake
Tea, Coffee or Cocoa

20

For \$1.00

Nut Bread or White Bread
Cream Cheese with Bar-le-Duc
Assorted Cakes
Tea, Coffee or Cocoa

21

For 75c

Chicken Livers and Mushrooms on Toast
Bread and Butter Sandwiches
Ice-cream
Tea, Coffee or Chocolate

MEALS MEN CHOOSE

Many a woman racks her brain unceasingly to discover eatables that will appeal to the male members of her family. And it is almost ludicrous. Because the very men whose tastes are catered to with the greatest care at home, and are always served from three to six courses, are the very ones, in most cases, who order "apple pie and a bottle of milk," or some such meager repast, when left to provide for themselves.

It is a fact that most men are lazy when it comes to choosing what they will eat. This and a few simple rules should be borne in mind in feeding them: (1) Food must be clean; (2) it must be appetizing, but not "fussy"; (3) if it is supposed to be hot, it must not be merely warm; (4) if it is supposed to be cold, it must be thoroughly chilled; (5) young men like foods that are highly seasoned; (6) older men thrive on sweets.

Daughters of Eve, be they efficient wives or tea-room managers who are "go-getters," realizing these peculiar weaknesses in the sons of

Adam, make it a point to serve combination-menus that men more or less regularly choose when left to their own efforts. And great is the "reward." For husbands brag on the home meals, and bachelors patronize the eating-places that give them only the trouble of calling for a certain number, which signifies a favorite combination.

The following menus are favorites of men, married and single, who patronize the really good restaurants, tea-rooms and clubs in and near New York City.

BREAKFASTS

1. Cereal, Milk, Hot Rolls, Marmalade, Coffee
2. Baked Apple, Cream, Bacon, Rolls, Jam, Coffee
3. Half Orange, Cereal, Milk, Boiled Eggs, Toast, Coffee
4. Cereal, Cream, Ham, Eggs, Rolls, Marmalade, Coffee
5. Corn Bread, Syrup, Coffee
6. Coffee, Rolls, Eggs, Jam
7. Sausage, Waffles, Syrup, Coffee
8. Fried Mush, Syrup, Ham, Gravy, Coffee
9. French Toast, Jelly, Coffee
10. Buckwheat Cakes, Syrup, Bacon, Coffee
11. Stewed Prunes, Codfish Cakes, Toast, Coffee
12. Orange Juice, Ham, Hot Biscuit, Honey, Coffee
13. Cooked Cereal, Milk, Bacon Sandwich, Coffee
14. Dry Cereal, Milk, Griddle Cakes, Syrup, Coffee
15. Creamed Codfish, Boiled Potatoes, Toast, Coffee
16. Dry Cereal with Fruit, Bacon and Scrambled Eggs,
Coffee
17. Grapefruit, Sausage Cakes, Fried Apples, Corn Bread,
Syrup or Honey, Coffee

LUNCHEONS

1. Hot Cheese Sandwich, Milk
2. Potato Soup, Ham Sandwich, Boston Cream Pie, Coffee
3. Clam Chowder, Corned Beef Hash, Coffee
4. Chicken Soup, Chicken Pie, Bread and Butter Pudding
5. Clam Chowder, Fillet of Sole, Crullers and Cheese
6. Chicken Broth, Toast Sticks, Corn Fritters, Maple Syrup, Bottle of Milk
7. Baked Apples, Toasted English Muffins, Coffee
8. Corn Cakes, Maple Syrup, Coffee
9. Sardine Sandwich on Rye Bread, Pot of Coffee, Oatmeal Cookies
10. Hot Club Sandwich, Pot of Coffee
11. Shirred Eggs with Kidneys, Rolls, Coffee
12. Chicken and Ham Pie, Bread and Butter, Cherry Pie, Milk
13. Fried Scallops, Canned Peaches, Coffee
14. Ham-Turkey-and-Swiss Cheese Sandwich, Coffee
15. Creamed Spinach and Egg au Gratin, Rolls, Coffee
16. Hot Chicken Sandwich on Toast, Baked Apple with Cream, Milk
17. Beefsteak Pie with Potato Covering, Apple Whip, Coffee
18. Chicken Broth, Fish with Sauce Piquante, Buttered Beets, Bread, Coffee with Cream
19. Pork Chop, Bread and Butter, Apple Pie, Coffee
20. Cheese Omelette, Apple Tart, Milk

210 MENUS FOR EVERY OCCASION

21. Hot Roast Veal Sandwich, Gravy, Potatoes, Baked Apple, Coffee
22. Scalloped Sweet Potatoes with Bacon Strips, Cherry Pie, Coffee
23. Calf's Liver and Bacon, Buttered Beets, Sweet Potatoes, Coffee
24. Chicken Hash, Corn Fritter, Mushrooms, Coffee
25. Home-made Country Sausage, Fried Apples, Coffee
26. Shirred Eggs with Ham, Rolls, Coffee
27. Roast Fresh Sausage, Sauerkraut, Potatoes, Bread and Butter, Coffee
28. Calf's Brains, Meunière with Fried Eggs, Milk
29. Corned Beef Hash, Green Peppers and Poached Eggs, Coffee
30. Creamed Ham on Toast, Potatoes, Coffee
31. Boston Baked Beans, Cole-slaw, Baked Apple, Milk
32. Broiled Scrod, Creamed Potatoes, Sliced Tomatoes, Coffee
33. Chicken Loaf, Mashed Potatoes, Boiled Onions, Cookies, Tea
34. Waffles with Butter and Maple Syrup, Bacon, Coffee
35. Ham and Eggs, Lettuce and Tomato Salad, Potatoes, Coffee
36. Chicken Liver Omelette, Fried Potatoes, Ice-cream, Milk
37. Roast Beef Hash, Fried Egg, Potatoes, Lemon Pie, Coffee

DINNERS

1. Vegetable Soup, Lamb Chops, Lettuce and Tomato Salad, Bran Muffins, Demi-tasse
2. Sea Bass Sauté with Shrimp Sauce, Grilled Tomatoes, Spinach with Eggs, Rolls, Demi-tasse
3. Oysters on Half-shell, Stuffed Celery, Steak with Cress, Candied Sweet Potatoes, Bread Sticks, Fresh Pears, Coffee
4. Corned Beef and Cabbage, Boiled Potatoes, Graham Bread, Coffee with Cream, Pecan Caramel Sundae
5. Lamb Chops, Potatoes Hashed in Cream, Stewed Celery, Apple Pie à la Mode, Coffee
6. Minute Steak with Onions, Hashed Brown Potatoes, Tomato Salad, Fresh Apple Pie, Demi-tasse
7. Roast Leg of Lamb, Peas, Potatoes, String Beans, Rolls, Coffee
8. Broiled Jumbo Squab, Currant Jelly, Waffle Potatoes, Deep-dish Apple Pie, Coffee
9. Larded Saddle of Belgian Hare, Red Cabbage, Fried Hominy, Apricots with Rice à la Condé, Coffee
10. Fried Spring Chicken Maryland Style, Grilled Tomatoes, Maple Nut Sundae, Coffee
11. Roast Prime Ribs of Beef, Potatoes au Gratin, Buttered Beets, Corn Bread, Apple Dumpling with Hard Sauce, Coffee
12. Partridge en Casserole with Cream Sauce, Raisins, Potato Croquettes, Caramel Custard, Coffee

212 MENUS FOR EVERY OCCASION

13. Braised Beef Tongue, Spaghetti, Spinach, Apple Turn-over, Coffee
14. Roast Loin of Pork, with Brown Gravy, Apple Sauce, Mashed Potatoes, Lemon Pie, Coffee
15. Oyster Stew, Crackers, Cabbage Salad, Fried Oysters with Tartar Sauce, Bacon, Mashed Potatoes, Coffee
16. Cream of Split Pea Soup, Calf's Liver and Bacon, Rolls, Ice-cream, Coffee
17. Broiled Mackerel with Creamed Potatoes, Cabbage Salad, Custard Bread Pudding, Coffee
18. Pot Roast of Beef, Mashed Potatoes, Boiled Onions, Hot Mince Pie, Coffee
19. Oyster Cocktail, Hearts of Celery Stuffed with Cheese, Guinea Hen, Jelly, Glacéd Sweet Potatoes, Hearts of Romaine, Chocolate Ice-cream, Little Cakes, Coffee
20. Assorted Hors-d'œuvres, Larded Sirloin of Beef, Mushrooms, Baked Potatoes, Cauliflower, Rolls, Pumpkin Pie, Coffee
21. Consommé of Turtle Soup, Braised Ham with Spinach, Combination Vegetable Salad, Frozen Fig Pudding with Rum Sauce, Coffee
22. Purée of Split Pea, Rack of Lamb, Grilled Tomatoes, Hearts of Lettuce with Thousand Island Dressing, Green Apple Pie, Coffee
23. Quail en Casserole, Chestnuts, Brussels Sprouts, Endive and Grapefruit Salad, Nesselrode Pudding, Coffee
24. Clam Cocktail, Suprême of Boston Sole Marguery, Cucumber Salad, Meringue Glacé, Coffee
25. Radishes, Split Pea Soup, Crackers, Roast Beef, Gravy, Spiced Peaches, Browned Potatoes, String Beans, Tomato and Endive Salad, Cheese Sticks, Suet Pudding with Hard Sauce, Coffee

26. Sardine and Cheese Canapé, Salted Nuts, Celery, Baked Ham, Scalloped Apples, Spinach and Eggs, Baked Potatoes, Romaine and Grapefruit Salad, Ice-cream, Angel Cake, Coffee
27. Chipped Beef Canapé, Olives, Squash on Toast, Roast Lamb, Mint Sauce, Peas and Carrots, Brandied Peaches, Asparagus Salad, Mince Pie with Welsh Rarebit, Coffee
28. Radishes, Caviar-Egg-Onion Canapé, Celery, Cheese and Bacon Toast, Tomato and Lettuce Salad, Apple Pie à la Mode, Coffee
29. Cream of Asparagus Soup, Crackers, Baked Sausage and Apples, Baked Potatoes Stuffed with Nuts and Cheese, Stewed Tomatoes, Combination Salad, Pumpkin Pie, Coffee
30. Jellied Consommé, Cold Ham, Turkey, Chicken, Tongue, Potato-Egg-Cucumber Salad, Lemon Pie, Cheese, Iced Tea

LUNCHEONS A TRUCK-DRIVER CHOOSES

1. Boiled Beef with Horseradish Sauce, Boiled Potatoes, Bread, Butter, Vanilla Pudding, Coffee, Cream
2. Fricassée of Chicken, Rice, Rolls, Butter, Mince Pie, Coffee, Cream
3. Pork Chops, French Fried Potatoes, Bread, Butter, Apple Pie, Coffee, Cream
4. Hamburger Steak, Potatoes au Gratin, Bread, Butter, Chocolate Ice-cream, Raisin Cake, Coffee, Cream
5. Boiled Salmon with Cream Sauce, Mashed Potatoes, Bread, Butter, Peach Pie, Cheese, Coffee, Cream
6. Chicken Pot Pie, Rolls, Tapioca Pudding, Coffee, Cream

MEALS WOMEN CHOOSE

Restaurant keepers tell us that men are not the only people who choose queer combinations in food. They claim that in this, at least, women are on an equal footing with men. For the very woman who, by reason of her weight, should order some such meal as a vegetable-plate or only a fruit concoction, will demand foods covered with cream sauces and sweet syrups, while her too-lean sister is apt to order "greens with egg, tea and unbuttered toast-melba."

However, if what women choose be kept track of by the alert tea-room manager or others who cater to the public taste in foods, a variety of combinations will be tabulated that will be a guarantee against a famine of ideas in menus. And even though the scientifically inclined may not always approve the combinations, those catered to, whether in the home or in the restaurant, will show their appreciation.

The following menus are some of those which have been chosen by women, in elegant and exclusive restaurants, in cosmopolitan restaurants

216 MENUS FOR EVERY OCCASION

and cafeterias, and from menu cards offered in the very delightful tea-rooms and restaurants that come in the class between the two extremes.

1. Chopped Chicken and Vegetable Salad, Gluten Bread, Chocolate and Coffee Soda
2. Hot Club Sandwich, Hot Chocolate
3. Clam Broth, Crackers, Crab Flakes, Rolls, Raspberry Ice and Peach Ice-cream
4. Chicken Broth with Rice, Crackers, Tomato Stuffed with Crab Flake Salad, Rolls, Hot Chocolate
5. Baked Pepper Stuffed with Meat and Rice, Cream Sauce, Carrots, Celery, Cream Cheese, Crackers, Coffee
6. Chicken Salad, Hot Chocolate with Whipped Cream, Toasted English Muffins
7. Bouillon, Codfish Cakes, Cocoa, Scalloped Tomatoes, Ice-cream and Cake
8. Vegetable Salad, Bran Muffins, Coffee
9. Creamed Chicken on Toast, Rolls, Milk, Cake with Hot Fudge Sauce and Whipped Cream
10. Chicken Broth, Crackers, Curried Vegetables on Toast, Tea, Rolls, Creamed Rice Pudding
11. Spanish Omelet, Sliced Tomatoes, Gluten Bread, Ice-cream and Cake Sandwich with Caramel Sauce and Salted Nuts, Coffee
12. Cream of Spinach Soup, Tomato and Lettuce Salad, Tea, Muffins
13. Crab-flake Ravigote, Baked Stuffed Green Pepper, Berries, Coffee
14. Boiled Boston Cod with Shrimp Sauce, Tea, Bran Muffins, Boston Cream Pie
15. Shrimp Cocktail, Celery, Whitebait with Tartar Sauce,

Spinach and Egg, Chocolate and Vanilla Ice-cream,
Macaroons

16. Celery, Clam Broth, Radishes, Rolls, Snails, String Beans, Nesselrode Pudding
17. Blue Points, Celery, Suprême of Boston Sole, Marguery, Asparagus Salad, Strawberry Ice-cream, Coffee
18. Lobster Salad, Potato Chips, Coffee
19. Fresh Mushrooms on Toast, Coffee, Tomato Salad, Fruit Water-ice
20. Lamb Chop, Slice of Pineapple, Black Coffee
21. Fruit Salad, Toasted English Muffins, Hot Chocolate with Whipped Cream
22. Broiled Sweetbreads and Mushrooms, Spinach, Toast, Tutti-Frutti Ice-cream, Cake, Coffee
23. Minute Steak, French Fried Potatoes, Rolls, Coffee, Apricot-ice
24. Mushroom Patty, Fruit Salad, Rolls, Coffee
25. Baked Stuffed Tomato with Grilled Bacon, Hearts of Lettuce with French Dressing, Muffins, Tea

THE END



